

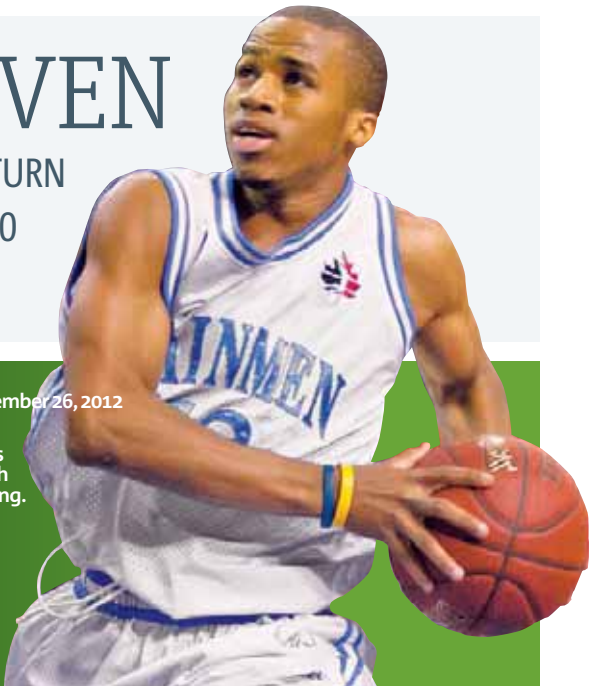


New downtown development

Plans are in place to demolish the Chickenburger on Queen Street in favour of a building worthy of being in the heart of a bustling downtown for the next 100 years, says its owner PAGE 3

BREAKING EVEN

RAINMEN HOLD OFF STORM TO RETURN TO .500 MARK AND IMPROVE TO 2-0 UNDER NEW HEAD COACH PAGE 28



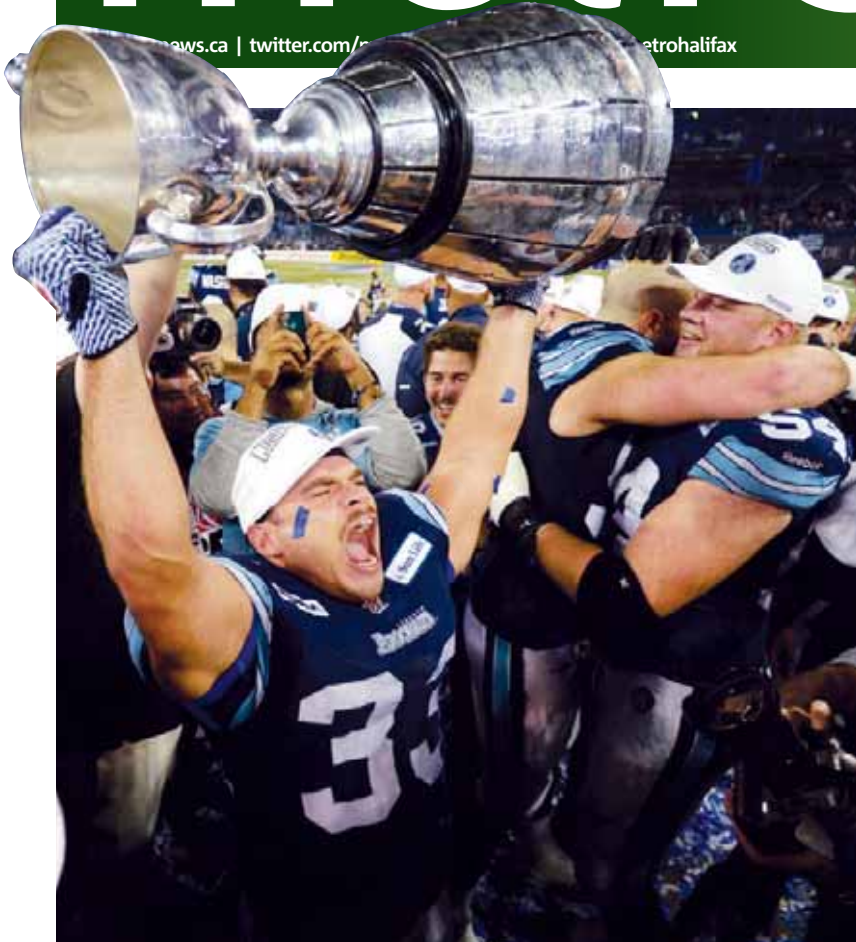
HALIFAX

metro

News worth sharing.

Monday, November 26, 2012

news.ca | twitter.com/metrohalifax



STAMPED OUT

Toronto Argonaut Jeff Johnson hoists the Grey Cup after the Argos beat the Calgary Stampeders 35-22 in the 100th Grey Cup in Toronto on Sunday. See story on page 27. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Community councils to get shakeup

Reduction, realignment. Staff report recommends three new committees to replace previous six

Quoted

"I think this is a decision (councillors will) make and they don't need my help to make it."

Mayor Mike Savage

HRM's community councils are taking the first step down the road to a possible reinvention.

The six smaller bodies were dissolved Nov. 5 for a restructuring in light of the reduced number of electoral districts.

After dissolution, all responsibilities were transferred to regional council, and city staff prepared a report on the best approach for resurrection.

The report, which will go to council for debate on Tuesday, recommends the creation of three new bodies based on geography and named East, West and Central community council.

Staff considered six factors in making the recommenda-

tion, including the potential for conflict and overlap between electoral and planning district boundaries, distribution of councilor workload, capacity for quorum and potential for public participation.

Coun. Russell Walker, who's tabled the motion to approve the new community councils, said he's on board with the staff recommendation.

"It has the least encumbrances of all the options they have there, of all the conflicts and everything, especially with planning zones," said Walker on Sunday.

Coun. Tim Outhit said he

hadn't read the report in depth, but at first blush was happy with the proposed structure and number of community councils.

"I'm fine with that," he said. "I always thought three would be fine."

The new councils, in whatever form is approved, will have the same responsibilities and powers as the former six — mostly focused on planning and development.

Mayor Mike Savage didn't want to offer a comment on the proposals, saying it's a decision best left up to the councillors.

However, he said there are other debates in store concerning community councils.

"I still believe there's a significant role for community councils with probably more responsibility than they have now," he said. "That's also a discussion I want to have at the council table."

RUTH DAVENPORT/METRO

LASIK MD

VISION

FREE Consultation

1-866-999-0435 • lasikmd.com

LASIK NOW, PAY IN 2014!*

LIMITED TIME OFFER!

\$0 DOWN \$0 PAYMENTS \$0 INTEREST

LASER VISION CORRECTION

Starting at

\$490 /eye*

Blade-Free All-Laser LASIK Available

Dr. Christopher S. Jackman

MD, FRCSC

Over 25,000 procedures

*Subject to Desjardins Card Services credit approval. Patients must reserve their procedure for surgery by February 28, 2013. Patients must be eligible to receive Custom LASIK on both eyes only. Cannot be combined with any other offer. Price is based on prescription strength. Other conditions may apply.

Altercation

Two men sought in Dartmouth stabbing

Halifax police are looking for two men after a teen was stabbed twice in the torso in Dartmouth on Saturday night.

Officers were called to the lot in front of Bob's Taxi at 269 Wyse Rd. after the male victim got into a confrontation with the two men.

"It looks like the 18-year-old was getting into a taxi at that address. And there was some sort of altercation with two other suspects," said Staff Sgt. Reid McCoombs of Halifax Regional Police.

After being stabbed, the victim went into Bob's Taxi and police were called. The teen was taken to hospital with non-life-threatening injuries.

McCoombs didn't know what led to the altercation, but said the victim and suspects knew each other.

Police describe the suspects as white males, both in their early 20s, and both were wearing black hoodies. **PHILIP CROUCHER/METRO**

Attempted robbery

Man punched while waiting for bus

A man waiting for a bus in Dartmouth was assaulted during a robbery attempt on Saturday, police say.

Just before 6 a.m., the 24-year-old victim was waiting at Nantucket Terminal when someone approached him and demanded his backpack. The victim refused, and the suspect punched him in the face before fleeing in a newer-model black Nissan Altima.

Police describe the suspect as a white man in his early 20s with a small moustache and long sideburns.

METRO



The downtown Chickenburger on Queen Street will be closing this weekend. **JEFF HARPER/METRO**

Chickenburger owner plans new development

Poultry in motion.
Queen Street diner closing on Saturday, demolition to follow



RUTH DAVENPORT
ruth.davenport@metronews.ca

The owner of the beloved Chickenburger restaurants says the Queen Street location will be demolished to make way for the kind of building he says the bustling district deserves.

"That part of town deserves some investment, I think. It's

the heart of downtown," Mickey MacDonald said on Sunday. "That corner has been the corner for the last 100 years or so, so I'm sure it'll be the real corner of downtown for the next 100."

MacDonald said he's in talks with developers to plan the new project on his land between Spring Garden Road, Queen and Birmingham streets.

He has no plans to seek any amendments to municipal planning documents, which should ensure a quick approval process. An as-of-right development could be eight or nine storeys and MacDonald said he's leaning toward a mixed-

Love birds

4

The number of current Chickenburger restaurants in HRM.

use building.

"You go to Toronto and you see some of these really nice places with retail on the ground floor and apartments above that, so I'm envisioning something like that," he said.

He hopes construction can begin in the spring.

"We're going to take advantage of the new ship contract

and the offshore investment and everything else," he said. "Downtown Halifax is starting to come alive and we want to be part of that."

The Chickenburger, which employs about 25 people, will close on Dec. 1.

"It's the end of the season. I figured it would be a good time to do it now," he said.

A statement from MacDonald's company says employees at the Queen Street Chickenburger will be offered positions at one of the other locations in HRM.

MacDonald said he's hoping the eatery will reopen in the new building.

HALIFAX FOLKLORE CENTRE
1528 Brunswick St.
422-6350
Located just off Spring Garden Rd.

Come to our HOLIDAY SALE!
Guitars, banjos, mandolins, ukes, etc...
at great prices

halifaxfolklorecentre.com



ShopParkLane.ca Like us for a chance to WIN!

Wrap Up
your Holiday Shopping
and Support a Good Cause!

Gift wrapping service with your donation
to **Symphony Nova Scotia**, at Park Lane from Nov. 26th to Dec. 1st.
Receive a ballot for your chance to **WIN a \$250. Mall Gift Certificate.**

PARK LANE

SYMPHONY NOVA SCOTIA

1 NEWS



Lighting up city hall for the holidays

People gather in front of the Christmas tree at the Grande Parade in front of city hall on Sunday evening. The tree-lighting ceremony took place Saturday evening and attracted hundreds of people. **JEFF HARPER/METRO**

Accused killer of gay activist due in court

The man accused of killing a Halifax gay rights activist outside a Gottingen Street bar in April could learn on Monday if he is fit to stand trial.

Andre Noel Denny, 33, is scheduled to appear in Halifax provincial court on Monday morning.

Denny's last court appearance came in September when his lawyer, Donald Murray, asked to postpone a fitness hearing until Nov. 26 while he waited for the psychiatric assessment from Dr. Hy Bloom in Toronto.

Denny, who is from Cape Breton, is charged with second-degree murder in the killing of Raymond Taavel, who was beaten to death outside the Menz Bar on Got-

tingen Street after trying to break up a fight.

Denny, diagnosed with schizophrenia as a teenager, was on a one-hour unsupervised leave from the East Coast Forensic Hospital in Burnside on the evening of April 16 but didn't return.

Several hours later, the Taavel beating took place, and Denny was arrested a short distance away.

Janice Paul, Denny's mother, told reporters at her son's last court appearance that he is innocent of the murder charge.

She said he was "not himself" at the time of Taavel's death, and questioned how the hospital allowed him out unescorted. **HALEY RYAN/METRO**



Andre Noel Denny **METRO FILE**

First flurries spotted after weekend of warm weather

Extreme weather. Winter is on its way, as temperatures are expected to stay cool most of week



HALEY RYAN
haley.ryan@metronews.ca

Only in Halifax could you get what some considered a beach day and then flurries 48 hours later.

On Friday, people were seen walking around in T-shirts as the temperature climbed into the double digits, with some even taking to the seaside.

"I was just walking there and watching — there were a lot of surfers," said Jocelyn

Schultz of her Friday visit to Lawrencetown Beach. "It was a very nice day."

Ron Scott, 71, said he often walks a few kilometres every day and shed some layers on Friday as well.

Just two days later, the temperatures were hovering around zero degrees and some of the first flurries of the season were spotted.

Haligonians took to Twitter and social media to express their delight in the snowflakes, but there wasn't enough to cover the ground.

"Today is a two-coat day," Scott said as he walked through the Public Gardens on Sunday.

Scott added while it's unusual for Halifax to not have seen the first big snowfall yet, he's happy about it.

"It's delightful," he said.

Schultz remembered a big snowstorm about this time last year, and feels the cold weather is late this year — not that she's complaining.

"But how the winter starts is not always an indication of how it's going to pan out," Schultz said. "Anything is possible."

Quoted

"Shovelling is not something I particularly like to do."

Resident Ron Scott

Drunken joyride

Teen faces theft, drinking charges

A teenage girl is facing charges in connection with a car theft and drunken joyride in New Glasgow.

New Glasgow Regional Police said officers were on patrol in the downtown area just before 2 a.m. Sunday when they saw a white car drive over the sidewalk and across the street's centre line.

The officers determined the car had been stolen from a home in Pictou County.

A 16-year-old girl was arrested without incident.

She's due in provincial court at a later date to face charges of impaired operation of a vehicle, break and enter, and possession of a stolen vehicle. **METRO**

Power outage. Cops investigate weekend break-in at substation

A man received severe electrical burns after a Nova Scotia Power substation was broken into on Saturday night.

After a power outage that evening, Sheet Harbour RCMP received a report of a break-in at the NSP power station in the area.

"It's not common for people to break in," said Sgt. Gerald Grobmeier of the RCMP. "They were maybe trying to take copper wire or other parts."

When police arrived, he said officers noticed a hole had been cut in the fence surrounding the plant.

They were also notified a 21-year-old man was taken to hospital with serious elec-

Fishing

Gale-force winds to delay start of lobster season

Lobster fishermen in southwestern Nova Scotia have delayed the beginning of their season due to forecasts of gale-force winds Sunday and early Monday.

Normally the season begins the last Monday of November, but this year boats will leave ports early on Tuesday.

There are approximately 1,700 vessels licensed to fish lobster in an area that stretches from Digby County to Halifax County.

The delay of the season was decided Sunday after a conference call between port representatives, the Fisheries Department and Environment Canada.

THE CANADIAN PRESS

Tips

Police are asking anyone with information on this case to contact Sheet Harbour RCMP at 885-2510 or Crime Stoppers.

trical burns.

The man is considered a person of interest, but Grobmeier said police need to wait until his condition improves before they can interview him.

"We'll (then) be able to determine what, if any, role he played in the power outage," Grobmeier said. "Whatever happened at the substation affected the power going out." **HALEY RYAN/METRO**

RING IN THE NEW YEAR RIGHT...& EARLY! 5 DAYS OF MONTH END MIND BLOWING DEALS!



\$12,500* OFF

ALL 2013 RAM 1500 4X4's

\$99
fr wk[†]

\$0 DOWN PAYMENT
INCLUDES TAX & FREIGHT

YOUR CHOICE: LONGHORN – LARAMIE – SPORT – OUTDOORSMAN – SLT – SXT

2013 GRAND CARAVAN "Canada Value Pkg"

\$71
wk[†]

\$0 DOWN PAYMENT
INCLUDES TAX & FREIGHT
PAYMENT INCLUDES SNOW TIRES!



3 GREAT CARS – 1 GREAT PRICE!

\$15,995**
fr

2013 CHRYSLER 200 LX
2013 DODGE AVENGER
2013 DODGE DART

\$66
wk[†]

\$0 DOWN PAYMENT
INCLUDES TAX & FREIGHT
PAYMENT INCLUDES SNOW TIRES!



Steele
CHRYSLER DODGE JEEP

44 BEDFORD HWY, Halifax
PH: 982-3982
TF: 1 (877) 394-2751
www.steelechrysler.com



BAYERS LAKE (by RONA) Halifax
PH: 482-8126
TF: 1 (877) 394-1634
www.halifaxchrysler.com



*All savings are tax inclusive **Sale is price is plus freight, taxes & fees. Dealer installed options are additional. †All payments include freight, taxes & fees. \$0 down oac.

Call for donations. Group issues urgent appeal in turtle sanctuary bid

The Nova Scotia Nature Trust has issued an urgent public appeal for donations as it tries to raise \$120,000 to buy a plot of land used as a nesting site by endangered Blanding's turtles.

The conservation group issued a statement Friday saying it has to raise the funds before a Dec. 31 deadline, otherwise the land could be sold for cottage development.

The 26-hectare lakeshore site in southwest Nova Scotia is described as one of the province's most significant turtle

Save the turtles

Environment Canada and corporate donors have already contributed almost half of the funds needed — about \$120,000.

sanctuaries.

Within Nova Scotia, the turtles are found in only one small area, where there are about 350 adult turtles remaining.

THE CANADIAN PRESS

\$100,000. Commission imposes penalty on mutual fund firm

The Nova Scotia Securities Commission has imposed a \$100,000 penalty on a financial firm that violated securities laws by failing to ensure the accurate recording of client information.

The commission also says Keybase Financial Group Inc. failed to make sufficient enquiries about client credit worthiness and didn't register

all of its employees with the commission.

In a statement released Friday, the commission says the mutual fund company has accepted responsibility for its conduct.

The commission has also ordered the company to make a payment of \$148,000 and pay \$10,000 to cover the costs of the investigation. THE CANADIAN PRESS

Sexual assault, child porn. N.S. man's preliminary hearing set to begin

A preliminary hearing for a man accused of sexually assaulting and photographing young boys is set to begin Monday. David James Leblanc is facing seven charges in the trial, including sexual assault and sexual interference.

The 47-year-old is also charged with making child pornography and single counts of accessing, possessing and distributing child pornography.

Leblanc was arrested in December 2010 after police seized computer equipment and digital storage devices from an apartment in Dartmouth. The preliminary hearing will determine if there is enough evidence to proceed to trial.

Leblanc is also at the centre of a separate teen confinement and sexual assault case in Lunenburg County.

CKBW/THE CANADIAN PRESS



Tory Leader Jamie Baillie is seen in this file photo. Rumours have suggested the possibility of a provincial election being held this spring, despite the majority NDP government having until 2014 to call one. METRO FILE

Lower taxes and freeze power rates: PC leader

Election platform.

Rumours suggest Nova Scotians could go to polls in the spring

Proposal

"We will balance the budget, cut the HST, freeze power rates and knock down the barriers to job creation in Nova Scotia. The NDP and Liberals will not."

Progressive Conservative Leader Jamie Baillie

Progressive Conservative Leader Jamie Baillie announced his party's platform for the next election on Saturday, proposing to lower taxes and freeze power rates.

Baillie said in a speech at the Nova Scotia Community College in Dartmouth that a Conservative government would cut the harmonized sales tax.

"We will lower the HST back to 13 per cent, putting that money back in the pockets of Nova Scotian families," Baillie said in the speech, provided by email.

Baillie also vowed to freeze power rates and move towards renewable energy.

"Until we decide to buy

renewable energy at a pace that Nova Scotians can afford, there is a long-term hidden tax on your power bills," Baillie said. "We will freeze power rates by buying as much renewable energy as we can afford within the current rates."

Baillie said money spent

on health-care administration would be better invested in reducing the number of people waiting to receive long-term care.

The Tory leader slammed the New Democrats' assistance packages — like the \$124.5-million for the former NewPage Port Hawkesbury paper mill — saying it was wasteful spending.

He said that money should have been put towards re-training.

The province's majority NDP government is not required to call an election until 2014.

THE CANADIAN PRESS

Sleepwalking through life?

Your sleep disorder could be a health condition.

Call our clinic to book your **FREE** diagnostic sleep study.

Lower Sackville Clinic 902.864.6076 153 Sackville Dr.	Dartmouth Clinic 902.469.2550 50 Tacoma Dr.
Halifax Clinic 902.446.3556 480 Parkland Dr. Unit #11	

We also have clinics in:

- Bridgewater
- Truro
- Saint John
- Amherst

atlanticsleepapnea.com

atlantic sleep apnea
Awaken your best life.

CYBER STEALS

TODAY ONLY!

BONUS
\$20
giftcard*
with Kobo Arc™

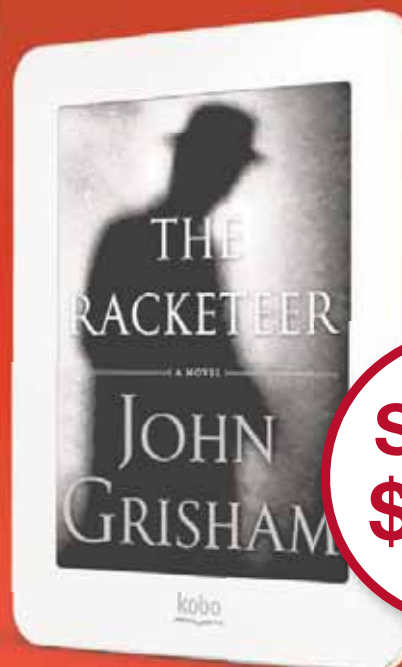


KOBO ARC

A fantastic tablet experience at a great price

From **\$199⁹⁹**

SAVE
\$30



KOBO MINI

The world's smallest full-featured eReader

Only **\$49⁹⁹**
Reg. \$79⁹⁹**

Visit us online for more cyber steals.

indigo.ca

   /chaptersindigo

*Offer valid ONLINE ONLY at Indigo.ca November 22-26, 2012 on in-stock Kobo Arc tablets, while quantities last. Giftcard has no cash redemption and cannot be replaced if lost or stolen. **Offer valid ONLINE ONLY at Indigo.ca November 26, 2012 on in-stock Kobo Mini eReaders, while quantities last. All featured offers are not valid in conjunction with any other offer or promotion and cannot be used to adjust amount paid on previous purchases. These offers may change or end at any time without notice.

Shifted. Health authority successfully transfers 91 patients into new hospital

The chief executive of a Nova Scotia health authority says 91 patients were shifted into a new facility in Truro on Sunday.

Peter MacKinnon says the figure includes a mother and a baby born just hours before the shift took place.

The movement of equipment and staff from the 47-year-old Colchester Regional Hospital to the new Colchester East Hants Health Centre has been going on all week.

Sunday was the day for all the patient transfers to the fa-

In numbers

\$184M

The cost of the new Colchester East Hants Health Centre.

cility.

MacKinnon says there were no problems in the move.

He said patients are enjoying a facility that has more individual rooms, abundant natural light and a variety of other "dramatic improvements."

THE CANADIAN PRESS

On the hunt

Police search for suspect in store robbery

RCMP in Eskasoni are looking for a man who robbed a convenience store and threatened a worker with a knife.

A release from police says the man walked into the Eskasoni Trading Post on Shore Road at 5:36 a.m. Saturday, carrying a knife.

The suspect demanded cash from the lone employee, took a tray from a cash register, and took off on foot.

The employee wasn't hurt.

The suspect is described only as about five-feet-eight-inches tall with a slim build. He was wearing a burgundy hoodie, mask and gloves.

Anyone with information is asked to contact Eskasoni RCMP or Crimestoppers.

METRO

Cape Breton councillors study outdoor smoking ban

Regional issue.

Committee agrees to send matter back to staff for further work

Cape Breton Regional councillors have asked staff to put more work into considering whether the municipality should ban smoking in outdoor spaces.

The committee of the whole had asked for an issue paper on whether the CBRM should enact a municipal bylaw that would prohibit smoking outdoors at any public space such as a park, ball field, trail, sidewalk and the entrance to any public building.

In the report to the committee presented last week, Rick Fraser, manager of inspections and bylaws, said they consulted CBRM staff responsible for outdoor recreation activities, local sports groups using the facilities and some parents. Fraser said no complaints had been received, the sports groups indicated they hadn't been adversely affected by the issue and

Quoted

"We are such a large geographic area ... and for anyone to respond to a complaint in outlying areas or even in one of our urban centres, it's at least a 30-minute travel time to get to that ball field to respond to a concern."

Rick Fraser, manager of inspections and bylaws

parents weren't aware of any issues with individuals smoking during their children's activities.

Fraser noted CBRM recreation facilities are scattered throughout the municipality and because of the size of the municipality it would be difficult to enforce a bylaw.

Given the inability to enforce the bylaw and what was described as a lack of community concern, staff recommended against developing a bylaw. That didn't sit well with



A man finishes his cigarette outside a shopping centre in Sydney last week. Cape Breton Regional councillors have asked staff to put more work into considering whether the municipality should ban smoking in outdoor spaces. CAPE BRETON POST

some committee members.

"Although you might have talked to some people that it wasn't an issue with, I don't think that's the general overall feeling of this whole community and I don't think the council should go on record or should support recommendations that there's a lack of community

concern," said Coun. Clarence Prince.

CAPE BRETON POST

Online

For more local news go to metronews.ca



Get DOUBLE the minutes and data with our NEW Canada-wide promo plans!



Double minutes and data!

koodo

Hurry! Offer ends December 31, 2012.

Good call



FUTURE SHOP

MOBILE SHOP

Walmart

koodo shop

Halifax Shopping Centre
Mic Mac Mall
Sunnyside Mall

(1) Roaming rates apply outside of Canada. Data overage rate of 2¢/MB applies. (2) Availability of service will vary by country and is subject to change without notice. Excludes premium messages and subscription-based messages. Picture messaging includes international picture messages sent and received within Canada. Additional data charges apply depending on picture size when roaming in the U.S. and internationally. Picture messaging is supported by a BlackBerry smartphone with SIM card only. (3) Unlimited calling from 5pm to 8am, Monday through Thursday, and from 5pm Friday to 8am Monday.

MONDAY, NOVEMBER 26

**TODAY
ONLY****Save \$700
\$699⁹⁹**

Regular \$1399.99

DELONGHI
Automatic espresso
machineEasy to use and compact,
perfect for the espresso lover.
Burr grinder grinds directly
into the brew system. Also
includes a cup warming tray
and removable water tank.*Shop thebay.com***Save \$120
\$199⁹⁵**

Regular \$319.95

NESPRESSO
Citiz with AeroccinoFirst time ever on sale. Perfect espresso
at the touch of a button. Attached
Aeroccino milk frother also allows you
to create great-tasting cappuccino.*Shop thebay.com*the **Bay***Shop online at thebay.com*

Be the first to know about our One Day Sale offers



Sign up at thebay.com for email updates



twitter.com/thehudsonsbayco



facebook.com/hudsonsbaycompany



Shazam our One Day Sale radio ads

**Save with 0% interest for 6 months.**
No administration fee. When you use your
HBC[†] MasterCard[®] or your HBC Credit cardDelivery charges and taxes are payable up front. On approved credit only. Minimum monthly payment required.
See below for details.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details.
Special Payment Plans are available on approved credit with your HBC[†] MasterCard[®] or HBC Credit Card on the identified items. Not applicable in Quebec. If you default under your payment terms or under your HBC Account Agreement, then the terms and annual interest rate are set out therein.
The billing period covered by each statement will be approximately 30 days. For full details, go to <http://paymentplanhbc.com>, call 1-800-263-2599 or see a store associate. [†]Hudson's Bay Co., HBC, HBC Rewards, The Bay and their associated designs are trademarks of Hudson's Bay Company, used under licence.
Credit is extended by Capital One.[®] Capital One is a registered trademark. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. All trademarks used herein are owned by the respective entities. All rights reserved.

Female inmate alleges she was 'thrown in the hole' for no bra

Dress code. Ontario artist says she received 2 weeks in segregation cell, 5 days pulled from early release date



JESSICA SMITH
Metro in Toronto

An inmate at the Vanier Centre for Women in Milton, Ont., has filed a complaint alleging correctional officers put her in a segregation cell and tacked on five extra days to her sentence because she refuses to wear a bra.

"I was locked down in a segregation cell from the morning of Nov. 1 to the afternoon of Nov. 15. I was first charged with misconduct for not wearing a bra," Jeannette Tossounian, who is currently serving a sentence for arson, wrote in a letter to Metro.

"A few days later, I was charged with another mis-

conduct for saying I don't want to wear a bra and was given five extra days to spend in jail from my early release date, December 2013."

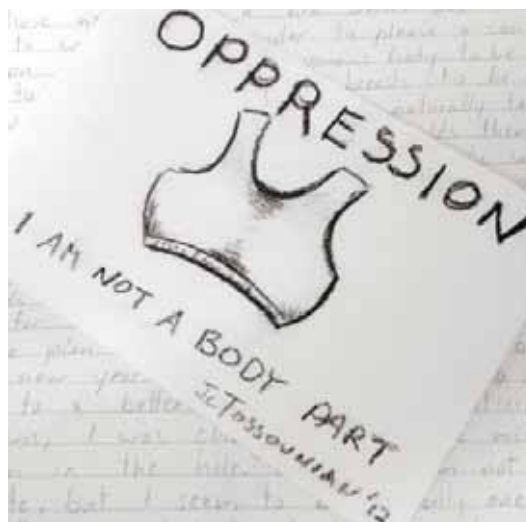
The Elizabeth Fry Society confirmed that Tossounian has filed an official complaint about the incident.

Ministry of Community Safety and Correctional Services spokesman Brent Ross would not comment on the allegations, but confirmed that female inmates are required to wear bras.

"We have policies in place to ensure inmates are treated justly and humanely in all sections of our facilities, including segregation," he said in an email response. "While incarcerated, inmates can be awarded remitted time, which is a reduction of a sentence for good conduct, and they can also lose their remitted time or have their privileges suspended if they commit a serious misconduct."

Tossounian said her aversion to bras wasn't always a problem for her in jail.

"I was incarcerated at



The letter and illustration sent to Metro by Jeannette Tossounian. METRO

Vanier for eight-and-a-half months and was braless the whole time before I was locked down. I guess the guards had better things to do than stare at my chest,

examining for looseness," she wrote. "As soon as I put in a request to change to a better unit so I could participate in more programs, I was charged with these misconducts and

Cruelty claims

"No matter what an inmate does, if the institution wants to punish, they will get punished."

Inmate Jeannette Tossounian, writing in a letter to Metro

thrown in the hole."

Tossounian wrote that she has never been a bra-wearer and believes studies that link wearing a bra to breast cancer, a premise not widely accepted by the scientific community.

"To (force) a woman to wear a bra, inmate or not, is a violation of human rights. It is sexual discrimination that breaks a woman down into body parts that must be controlled because these parts are female," she wrote.

Tossounian also wrote that the incident made her feel helpless.

"Some inmates end up losing their minds, even to the point of committing suicide," she wrote. "I have to



Jeannette Tossounian, an inmate at Vanier Centre for Women in Milton, Ont. TORSTAR NEWS SERVICE

remain strong."

Tossounian's lawyer for the appeal of her sentence, Vanessa Christie, said her client's account of what happened is "disturbing."

Follow Jessica Smith on Twitter @jessicacatherine



Dying mine revived in search for Martian life



The Jeffrey Mine in Asbestos, Que. JACQUES BOISSINOT/THE CANADIAN PRESS FILE

Canada's last asbestos mine, now winding down its operations, may have a new celestial calling — as a stand-in for planet Mars.

Quebec's Jeffrey Mine hosted nearly two dozen scientists recently for a simulated Mars mission initiated by Canada's space agency.

The scientists from four universities made a pair of trips to the Asbestos region, this year and last year, accompanied by a micro-rover.

"There are definitely areas (on Mars) that are much more like what we have at Jeffrey Mine," said Ed Cloutis, a University of Winnipeg professor who took part in the project.

The new vocation won't

exactly replace the once-mighty asbestos industry as an economic lifeblood for the region.

The mine had been counting on a \$58-million government loan to renovate and keep operating. The simulated Mars mission cost \$800,000 — and some local officials, including an alderman and the town's director general, didn't even appear to be aware of the project when contacted by The Canadian Press.

The goal of the project was to simulate as closely as possible a Mars rover mission to detect the presence of, and determine the source of, methane on Mars.

Cloutis, an expert in plan-

etary geology, said the scientific missions to the Asbestos region could be Canada's ticket to future trips to the red planet.

"One way to search for life on Mars (is) you look at the gases that might be produced or used as a food source by bacteria on Mars," Cloutis said in an interview.

Methane gas, which can be found at the mine on the edge of the town of Asbestos, is one of two key indicators of life. The other is water.

Methane has already been detected in the Martian atmosphere and scientists are hoping NASA's Curiosity rover will find it on the planet.

THE CANADIAN PRESS

Mine vs. Mars

Jeffery Mine is more like the barren surface of Mars than one might think.

- Jeffery was one of the largest open-pit mines in the world. With a diameter of more than two kilometres and a depth of around 350 metres, the pit allowed plenty of room for roving around.
- It also contains serpentine, a rock prone to hosting bacteria, which scientists hope to find on Mars.

National pride

Poll tests country's love of traditional Canadian symbols

Canadians, it seems, love their universal health care. The monarchy? Not so much.

A new national poll commissioned by the Montreal-based Association for Canadian Studies examined the pride Canadians place in a list of more than a dozen symbols, achievements and attributes.

The online survey of

2,207 respondents found universal health care was almost universally loved, with 94 per cent calling it an important source of collective pride.

At the other end of the spectrum, just 39 per cent of respondents felt the monarchy was a source of pride.

Thirty-six per cent of respondents felt official bilingualism was of little or no importance, while 30 per cent were unimpressed with the War of 1812 and 25 per cent shrugged off Canada getting its own constitution.

THE CANADIAN PRESS

Climate cascade

Forests warming as pine beetles kill off sweaty trees: Study

New research suggests mountain pine beetles have become so widespread that they're not just benefiting from global warming, they're starting to contribute to it.

Scientists have concluded that the warming climate has let the tree-killing beetle spread into new areas. Their mass spread is considered one of the largest ecological

disturbances ever recorded.

Holly Maness, an earth scientist working at the University of Toronto, and her team concluded that beetle-ravaged forests were, on average, one degree warmer during the summer than healthy forests.

The reason? Tree sweat, or rather, the lack thereof.

"When you kill a tree, it's going to stop sweating. That means that solar radiation that was previously spent evaporating water from these trees is now going into heating the surface."

THE CANADIAN PRESS

Meet the new boss

Empty drama expected from three byelections

By the time the dust settles Monday night, a great deal more noise will have been generated by a trio of federal byelections than the outcomes will likely merit.

Three new MPs, representing the same team colours as those who departed, are expected to be en route to Parliament.

Along the way, however,

the respective campaigns in Calgary Centre, Durham (Ontario) and Victoria will have presented an early test run for the distant general election battle of October 2015.

And judging by this month's byelections, 2015 will be quite a show.

Joan Crockett is the establishment Tory favourite in Calgary Centre — a riding conservatives have held for 40 years — but she faces an almost unprecedented polling threat from Liberal candidate Harvey Locke. THE CANADIAN PRESS

Baby drop-off boxes should be banned: UN

Abandoned infants.

In the last decade, hundreds of infants have been given up this way; 30-60 babies are murdered annually in Germany alone



A view of a baby hatch with a baby sign near the hospital at Neukoeln in Berlin. THE ASSOCIATED PRESS

Boxes where unwanted newborns can be left anonymously are drawing the ire of human rights and child activists.

The activists think they are bad for the children and merely avoid dealing with the problems that lead to child abandonment.

Even the United Nations Committee on the Rights of the Child said baby boxes should be banned and is pushing that agenda to the Euro-

pean Parliament.

There are nearly 100 baby boxes in Germany. Poland and the Czech Republic each have more than 40 while Italy, Lithuania, Russia and Slovakia have about 10 each. There are two in Switzerland, one in Belgium and one being planned in the Netherlands.

At Berlin's Waldfriede Hospital the box is actually a warm incubator that can be

opened from an outside wall of a hospital where a desperate parent can anonymously leave an unwanted infant.

A small flap opens into the box, equipped with a motion detector. An alarm goes off in the hospital to alert staff two minutes after a baby is left.

"The mother has enough time to leave without anyone seeing her," German pastor Gabriele Stangl said. "The important thing is that her baby is now in a safe place."

In the last decade, hundreds of babies have been abandoned this way; it's estimated one or two infants are typically left at each location every year, though exact figures aren't available.

At least 11 European nations now have them, according to UN figures.

THE ASSOCIATED PRESS



Franco fondly remembered ... by some

Supporters of former Spanish dictator Gen. Francisco Franco give fascist salutes during a rally commemorating the 37th anniversary of Franco's death. It was held at Plaza de Oriente on Sunday in Madrid, Spain.

PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Caylee Anthony's death

Police miss query about 'fool-proof' ways to suffocate

The Florida sheriff's office that investigated Caylee Anthony's death confirmed Sunday that it overlooked a computer search for suffocation methods made from the

little girl's home on the day she was last seen alive.

Orange County sheriff's Capt. Angelo Nieves said the office's computer investigator missed a June 16, 2008, Google search for "fool-proof" suffocation methods. The agency's admission was first reported by Orlando television station WKMG. It's not known who per-

formed the search.

The station reported it was done on a browser primarily used by the two-year-old's mother, Casey Anthony, who was acquitted of the child's murder in 2011.

More than 1,200 Firefox entries, including the suffocation search, were overlooked by detectives on the case.

THE ASSOCIATED PRESS

comwave®
Long Distance

Over 100,000 satisfied customers make overseas calls from their mobile phone

Now...You can too!

Limited Time Offer

\$25 FREE

Long Distance calling to anywhere

- No contracts - No commitments

Lowest Rate Guarantee
100% Satisfaction

- No matter where you call - No matter what rate you pay
... we'll beat it Guaranteed!

Mexico 1.9	Venezuela 1.9	Israel 1.9	UAE 14.9
Cuba 89.9	Croatia 2.9	Bangladesh 3.9	Iran 4.9
Philippines 10.9	Kazakhstan 4.9	India 1.9	Vietnam 3.9

Unlimited Canada

Unlimited calling to anywhere in Canada

\$5/month

India

1000 Minute bundle only \$10/month

1¢/minute

Download our Comwave Mobile App

3 Days Free Trial

Available on the App Store and Google Play

1-866-519-8090
www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competition lowest advertised rate for like service. Comwave will not rate match against charity or internet services. Limited minute plans: argument calling cards due to their inaccurate billing criteria. \$25 free guarantee is applied 15 per month for 3 months. No minimum usage required. Call to Ontario: Mobile Phones may be billed at a higher rate, unlimited usage is guaranteed by our fair usage policy to prevent abuse available at www.comwave.net/terms.

France. Sarkozy's party battles to save itself after disputed leadership race

Parents struggle to explain it to their kids. Ambassadors struggle to explain it to their governments. The only thing that's clear is that French politics is a mess.

Former president Nicolas Sarkozy's conservative party led one of the world's biggest economies for a decade and now, in the space of a week, it has melted down into something that may never be put back together again.

A mediation effort Sunday failed to reconcile the Union for a Popular Movement party or figure out who's in charge, seven days after a disputed election for a new party leader. The conflict looks headed now for the courts. The outcome could reshape France's political landscape and eventually weigh on Europe's direction, as well.

Central to the dispute is debate among French conservatives over immigration and Islam in the country with Western Europe's largest Muslim population. The election a week ago split party members into

Future

2017

Cope and Fillon want to lead the opposition to Socialist President Francois Hollande — and run for president themselves in 2017.

those leaning toward the anti-immigrant far right, represented by Jean-Francois Cope, and those hewing to more centrist views, supporting Francois Fillon.

Cope, who led France's push to ban face-covering Islamic veils and talks of anti-white racism, was initially declared winner of the Nov. 19 election.

Then uncounted votes were discovered that could swing the vote in Fillon's favour.

Accusations of fraud swirled. Insults flew. The week wore on, and the party still had no clear leader.

On Sunday, a UMP commission that handles vote disputes met, then broke up in acrimony, the Sipa news agency reported.

THE ASSOCIATED PRESS

Civil war. Syrian rebels capture air base near the capital as death toll rises

Syrian rebels captured a helicopter base just outside Damascus Sunday in what an activist called a "blow to the morale of the regime" near President Bashar Assad's seat of power, while the bombardment of a village near the capital killed at least eight children.

The director of the Britain-based Syrian Observatory for Human Rights, Rami Abdul-Rahman, said rebels seized control of the Marj al-Sultan base on the outskirts of Damascus on Sunday morning. He said at least 15 rebels and eight soldiers were killed in the fighting that started a day earlier.

The rebels later withdrew from the base, but not before destroying two helicopters

and seizing a tank.

Rebels appear to be trying to take over air bases and destroy aircraft in order to prevent the regime from using them in attacks against opposition forces around the country.

The Observatory said that at least eight children were killed when Syrian war planes bombed the village of Deir al-Asafir just outside Damascus. The village is close to suburbs of the capital, which has witnessed clashes, shelling and air raids between troops and rebels over the past months.

Another activist group, the Revolution Command Council, said 10 children were killed when war planes struck the village as they played outdoors. THE ASSOCIATED PRESS



In this image taken from video obtained from the Ugarit News, authenticated by The Associated Press, Syrian rebels capture a helicopter air base near the capital Damascus after fierce fighting in Syria, on Sunday. THE ASSOCIATED PRESS



In this Nov. 23 photo released by the Egyptian government, President Mohammed Morsi speaks to supporters outside the presidential palace in Cairo, Egypt. EGYPTIAN PRESIDENCY/THE ASSOCIATED PRESS

Egypt's political sides grow more entrenched

Power struggle.

Fight over president's power threatens to destabilize the country as stocks plunge amid the ongoing chaos

Supporters and opponents of Egypt's president on Sunday grew more entrenched in their battle over the Islamist leader's move to assume near-absolute powers, with neither side willing to back down as the stock market plunged amid the fresh turmoil.

The standoff poses one of the hardest tests for the nation's liberal and secular opposition since Hosni Mubarak's ouster nearly two years ago. Failure to sustain protests and eventually force Mohammed Morsi to loosen control could consign it to long-term irrelevance.

Clashes between the two sides spilled onto the streets for a third day since the president issued edicts that make him immune to over-

sight of any kind, including that of the courts.

A teenager was killed and at least 40 people were wounded when a group of anti-Morsi protesters tried to storm the local offices of the political arm of the president's Muslim Brotherhood in the Nile Delta city of Damanhour, according to security officials.

It was the first reported death from the street battles that erupted across much of the nation on Friday, the

day after Morsi's decrees were announced. The officials, who spoke on condition of anonymity because they were not authorized to speak to the media, identified the boy as 15-year-old Islam Hamdi Abdel-Maqsood.

The tensions also dealt a fresh blow to the economy, which has suffered due to the problems plaguing the Arab world's most populous nation since Mubarak's ouster.

THE ASSOCIATED PRESS

Impact

Mohammed Morsi, who narrowly won the presidency in June, says his measures were designed to "protect the revolution."

ately after Mubarak's ouster in a popular uprising last year. The loss in the value of shares was estimated at close to \$5 billion.

- **Economy.** Egypt's benchmark EGX30 stock index dropped 9.59 percentage points Sunday in the first trading session since Morsi issued his decrees. The losses were among the biggest since the turbulent days and weeks immedi-
- **Pushback.** The judiciary, the main target of the edicts, has pushed back, calling the decrees a power grab and an "assault" on the branch's independence. Judges and prosecutors stayed away from many courts in Cairo and other cities on Sunday.

Sponsorship

Feds off-loading responsibility to resettle refugees onto private sector

The federal government is seeking to off-load some of its international promises to refugees onto the private sector.

They're asking community groups to sponsor 1,000 of the refugees the Canadian government has told the United Nations it will resettle over the next three years.

But at the same time, they are restricting the groups' ability to sponsor refugees themselves by placing caps on private applications.

THE CANADIAN PRESS

Gaza Strip

Violation of truce with Israel would be a sin: Cleric

A leading Islamic cleric in the Gaza Strip has ruled it a sin to violate the recent ceasefire between Israel and the Hamas militant group that governs the Palestinian territory — according to a religious legitimacy to the truce and giving the Gaza government strong backing to enforce it.

The fatwa, or religious edict, was issued late Saturday by Suleiman al-Daya, a cleric respected by both ultra-conservative Salafis and Hamas. Salafi groups oppose political accommodations with Israel.

THE ASSOCIATED PRESS

Rebel group

Congo and M23 rebels negotiate in Uganda

Congolese officials were in talks Sunday with representatives of M23, the rebel group that last week took control of the eastern Congo city of Goma, according to Ugandan officials.

Ugandan Defence Minister Crispus Kiyonga said that he is mediating discussions to help both sides reach an agreement to end a violent rebellion that has sucked in Uganda and Rwanda, which both face charges of backing the rebels.

M23 president Jean-Marie Runiga is leading the rebels in the talks, according to Rene Abandi, M23's head of external relations.

THE ASSOCIATED PRESS

Cheers! Wine consumption on 'meteoric rise' in Canada

Canadians are increasingly reaching for a glass of Beaujolais instead of beer and they're also drinking more domestic wines, says a new study on Canadian drinking habits.

Consumers bought an average of 22 bottles of wine in 2011, up from 13 in 1995, found the Bank of Montreal's special report on the Canadian wine industry.

"It's a meteoric rise, really," said David Rinneard, national manager of agriculture at BMO.

And Canada's wine industry is poised for solid growth over the next five years, thanks in part to an aging population, a willingness to pay more for premium wines and the opportunity for domestic producers



Canada's wine industry is poised for solid growth over the next five years, a new report says.

TORSTAR NEWS SERVICE FILE

to make bigger inroads in the Canadian marketplace, the report said.

A third of wine consumed in Canada is produced by domestic wineries, Rinneard said.

THE CANADIAN PRESS

Climate change

UN begins new global-warming talks in Qatar

As nearly 200 countries meet in oil- and gas-rich Qatar for annual talks starting Monday on slowing global warming, one of the main challenges will be raising climate aid for poor

countries at a time when budgets are strained by financial turmoil.

Rich countries have delivered nearly \$30 billion US in grants and loans promised in 2009, but those commitments expire this year. And a Green Climate Fund designed to channel up to \$100 billion US annually to poor countries has yet to begin operating.

THE ASSOCIATED PRESS

Why wait for Boxing Day? Deal season comes early

Black Friday, Cyber Monday. Longtime U.S. discount weekend is now taking root on Canadian soil

As hype surrounding Cyber Monday and Black Friday spreads north of the border, experts say the burgeoning week-end-long holiday sales event could soon surpass Boxing Day as the busiest shopping period of the year.

With the frenzy of what could be Canada's biggest-ever Black Friday over, deal-seekers are turning their focus to Cyber Monday, a day of deep online discounts held the Monday after the busiest shopping day of the year in the U.S.

For years, both events were largely U.S. phenomena that had Canadians who wanted to participate visiting American websites or making cross-border trips on the day after U.S. Thanksgiving, which marks the start of the crucial holiday shopping season when retail-



Shop online, avoid mall fatigue. Cousins Maricruz Munoz, 15, left, and Monica Murillo, 15, sleep on a break from Black Friday shopping at Woodland Hills Mall on Friday, in Tulsa, Okla. Cyber Monday and Black Friday are spreading north of the border, experts say, and may soon surpass Boxing Day as the busiest shopping period of the year. MIKE SIMONS/TULSA WORLD/THE ASSOCIATED PRESS

ers turn profits, or go "into the black."

But a combination of factors — U.S. competitors setting up shop in Canada, Canadian retailers trying to keep sales

local, Canadians' shifting shopping habits and tight-fisted consumers with shaky confidence in the economy — are helping to establish the events on Canadian soil.

Turkey and discounts

- In the U.S., Thanksgiving shopping on Thursday took a noticeable bite out of Black Friday's start to the holiday season, as retail sales in stores fell slightly from last year. Hundreds of thousands of shoppers hit sales Thursday evening while still full of their Thanksgiving dinner.

THE ASSOCIATED PRESS

Willy Kruh, global chairman in retail markets at KPMG, said he wouldn't be surprised if the four days from Black Friday to Cyber Monday soon overtake Boxing Day, now expanded to Boxing Week, as the best period for retailers in Canada.

He says Cyber Monday — which cropped up in Canada just three years ago — is growing at an even faster pace in Canada than Black Friday, as retailers look for new ways to fight back against U.S. competitors eating into their profits.

THE CANADIAN PRESS



Your husband snores. It's annoying.
And it might be deadly.

Snoring may be a sign of **OBSTRUCTIVE SLEEP APNEA**, a common disorder where you have short pauses in your breathing while you sleep.

Untreated, it can increase your risk for:

- High blood pressure • Heart disease • Heart attacks • Strokes • Diabetes
- Irregular heart rhythms • Driving accidents
- Work-related accidents



Testing & treating sleeping disorders, particularly OBSTRUCTIVE SLEEP APNEA.

Free Testing- No Prescription required.
We can help!

Dartmouth 435-0298
35 Baker Drive

Lower Sackville 252-5500
91 Sackville Drive

Halifax 422-1957
287 Lacewood Drive

CONVENTION CENTRE QUESTIONS REMAIN AFTER AG REPORT



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

One can understand Premier Darrell Dexter's aggressive/defensive, head-in-the-convention-centre response to last week's auditor general's report.

That report — which damned the shoddiness of the business case Trade Centre Ltd. concocted to justify a new convention centre — called on the government to launch an independent review of TCL's numbers.

Dexter was having none of it. TCL based its conclusions, he told reporters, on eight different studies “that came about in-

dependent of the Trade Centre by respected market analysis companies, so I have no reason to disbelieve those projections.”

Would the premier perhaps be referring to the independent report prepared by the executive director of Convention Centres of Canada, a convention industry-promoting agency, which — surprise — thought a new convention centre would be a spiffy idea? Or maybe he was thinking about that in-depth assessment prepared — in another respected consultant's own words — “without the benefit of any primary research.”

Process crumbling

In his analysis of TCL's lack of analysis, Auditor General Jacques Lapointe points out, “industry realities were ignored, including the over-supply of convention centre spaces in Canada, new competitors and the stagnant convention market.”

In his analysis of TCL's lack of analysis, Auditor General Jacques Lapointe points out, “industry realities were ignored, including the over-supply of convention centre spaces in Canada, new competitors and the stagnant convention market.” TCL's upbeat forecasts, he told reporters, “were not really consistent with much of anything.”

Lapointe's conclusions are no shock.

In June 2010, four months before Dexter announced his government would contribute one-third of the \$163 million public money needed to build the centre, a citizen's group called Coalition to Save the View — after studying four consultants' conclusions — said almost exactly the same thing. So has almost anyone else who has looked at TCL's self-serving numbers.

The problem now is that it's too late.

Dexter has tethered a significant strand in his own re-election rope to what he calls, “one of the largest building projects to take place in our city's history.” More importantly, there's a developer whose \$500-million project hinges on a new convention centre. He's signed contracts, broken ground...

Cancelling the project now — no matter what a truly independent analysis might ultimately conclude — would invite lawsuits and even more uncertainty about the future of downtown.

So the response is bluster. We already have eight studies, the premier says. Why would we want a ninth? Instead, we will — eventually — get reality. By then it will be truly too late.

Cambridge University

Centre to study risk of technology to humans

Britain's Cambridge University says it is planning to open a new centre to study the risks that super-intelligent computers could pose to humanity.

The university says the proposed Center for the Study of Existential Risk will bring together academics to consider how accelerating development in artificial intelligence and other

technologies can “threaten our own existence.”

Huw Price, a philosophy professor at Cambridge, said that while the idea that computer robotics could take over control from humans may seem far-fetched, it is worth taking the potential risks seriously.

He says that the exact nature of the risks is difficult to predict, but that this underlines the need to understand more about artificial intelligence.

The university said the centre's launch is planned for next year.

THE ASSOCIATED PRESS

Many CDs make light work



OLI SCARF/GETTY IMAGES

Art installation

Artwork puts CDs in a good light

An artist has created a festive display of light using thousands of old CDs. Bruce Munro's work, entitled Blue Moon on a Platter, forms part of the Christmas decorations at Waddesdon Manor in Buckinghamshire, England, a Neo-Renaissance style of a French chateau originally built for the prominent Rothschild family of bankers.

METRO

A lot of tracks

50,000

The number of unwanted CDs used in Munro's installation. Donated by a local recycling centre, they were placed on a grassy amphitheatre, which measures 28 metres across. The “moon,” which measures 1.5 metres in diameter, is made up of 101 spheres containing coiled optic fibers. It glows with blue light, which is passed along the fiber optics via a metal halide projector. It took Munro and his team of more than a dozen volunteers one week to install.

Artist's viewpoint



“At dusk, when the CDs reflect the light from the sky, and

the landscape is dark, the installation shines brightest and looks like a massive sequin bead.”

Bruce Munro,
light installation artist

Q & A

Brighter when dark

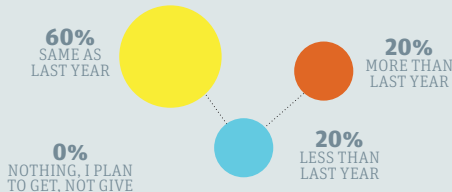
Metro: What's special about the material of CDs?

Munro: Their iridescent quality of reflecting light — they look just like a rainbow. But what's so unusual about the CDs is that they seem to reflect light better when there is not a lot of natural light around.



Register at metropolitanpanel.ca and take the quick poll

How much do you plan on spending over the holidays?



Twitter

@barrybowser: And just like that, the first snowfall just landed in #Halifax

@Halifaxidocious: I see dandruff falling from the sky #halifax

@kate_elliott18: watching the beginning of the first snowfall with the sunny waterfront behind it... #Beautiful #Halifax

@realTomMurray: @lmkhfx and I will be the red-necks driving to Halifax today with a Cape Breton Christmas tree on the roof of our car.

@lilyella17: Love when the bus phone number says the bus will be there in 4 minutes, then in 5 minutes after no bus it still says 4 minutes... #halifax

No love for Bieber's halftime show from Grey Cup crowd

CFL. Bieber booed, Lightfoot lauded during splashy halftime show

Justin Bieber faced a hostile homecoming at the 100th Grey Cup on Sunday, with the jeering capacity crowd at the raucous Rogers Centre providing the teen idol with a reception as unyieldingly cold as a long Canadian winter.

The 18-year-old grew up roughly 150 kilometres down the road in Stratford, Ont., but that didn't help his cause with the rowdy crowd on hand, who took aim at the ubiquitous pop star whenever possible.

They booed when his face popped up on the JumboTron. They booed when a host spoke his name at the onset of halftime. And they booed with extra glee as he took the stage and throughout his medley of the finger-snapping, chart-topping hit Boyfriend and the disco-inflected club come-on Beauty and a Beat.

If Bieber was bothered by the boo-birds, it didn't show.

"It's an honour to be here at the Grey Cup in Canada," he said, a smile tugging at his lips despite the reaction.

"Make some noise. I said make some noise!"

Unfortunately, the crowd obliged. More boos.

As he wrapped up Beat a dazzling array of pyrotechnic lights popped into the air and at first the crowd responded enthusiastically. But once again, the cheers dissolved into boos.

"Thank you so much Canada," Bieber announced, ignoring the response. "I love you."

Most figured that while Bieber is a bona fide draw — an international star and tabloid

By the numbers

Halftime show lighting and rigging:

- More than 1,300 feet. Of truss.
- 403. Moving lights.
- 136. Video panels.
- 100. LED lights.
- 40-foot flames. From 4 locations.
- 4. Confetti blasters.
- 1. Flying stage.

—TORSTAR NEWS SERVICE

fixture whose latest record Believe became his third straight to reach multi-platinum status in Canada after its June release — most of those fans simply weren't at the game.

"J-Biebs doesn't scream football, you know? Neither does Carly Rae Jepsen," said Calgary's Ryan Prisique, 22.

"Gordon Lightfoot — that'll be the time I turn back from the beer gardens and watch."

The 74-year-old Lightfoot certainly did captivate the crowd Sunday. With the stadium lights down, Lightfoot opened the halftime show by materializing on a modest stage near the 50-yard line, dressed in black and strumming an acoustic guitar. The crowd roared.

Pop outfit Marianas Trench was greeted mostly with indifference, while Jepsen also received a mixed reaction at first but won the crowd over during an enthusiastic medley of her latest single, This Kiss, and her smash hit Call Me Maybe. **THE CANADIAN PRESS**



Carly Rae Jepsen won over the crowd with her Call Me Maybe/This Kiss medley at the halftime show. **THE CANADIAN PRESS**



Football fans reserved the love for Canadian singer-songwriter legend Gordon Lightfoot. **THE CANADIAN PRESS**



Bieber haters booed extra loud during his performance of Boyfriend, but the superstar was unfazed. **THE CANADIAN PRESS**

2
SCENE

\$2000 CASH ADVANCE FOR \$200

CASH MONEY®

866.434.2670 • CashMoney.ca

GET CASH NOW

ON FIRST ADVANCE ONLY

ALL YOU NEED IS: A BANK ACCOUNT A SOURCE OF INCOME

Payday loans are high-cost loans. Here customers can get a \$200 Cash Advance for \$200 on their first advance only. Loan amounts are subject to credit review and other qualification requirements and this offer is available for new customers only that are New Scotia residents. (Under this offer for a \$200 loan, the cost of borrowing for the cash loan is \$50.00 for each \$100 advanced for a 14-day term. At month, under this offer, for a loan of \$200 for 14 days, the cost of borrowing is \$20.00 with a total payable amount of \$220.00 and APR of 260.71%. Regular fees under the advance loan and the cost of borrowing for a \$200 loan for 14 days would be \$44 with a total payable amount of \$244.00 and APR of 272.57%. For a \$300 loan for a term of 14 days under this offer the cost of borrowing would be \$52 on the first \$200 advance and \$22 on the next \$100 advanced for a total cost of borrowing of \$74 with a total payable amount of \$374.00 and APR of 365%. The maximum allowable cost of borrowing under payday loan agreements in Nova Scotia is 29% per month (3100% annually).

[illegible]

BEST DEALS ON 2012's



*Let us help make this
Your most memorable Christmas ever!*



YOU **CAN** HAVE IT ALL - THE CHOICE IS YOURS AT METRO MITSUBISHI AND METRO SUZUKI

CHOOSE YOUR **CAR**

We sell a lot of cars at **Metro Mitsubishi & Metro Suzuki**. All Makes and All Models. And we are proud of our Factory Trained Service Technicians and State-of-the-Art facility. Every Pre-Owned vehicle on our lot is thoroughly tested and completely reconditioned so that you can rest assured your vehicle is solid and dependable. And you can choose a warranty - from basic powertrain warranties to complete comprehensive warranties, we are able to meet all your needs.

CHOOSE YOUR **DEAL**

At **Metro Mitsubishi** and **Metro Suzuki** we deal. Throughout the year we offer various promotional purchase incentives, but this month **We are clearing the lot**. Cash is King - up to **\$5,000 dollars off**. We can also offer **No Tax Deals**, **Buy One Payment Get One Payment Free for a Year Deals**, **Free Gas for a Year Deals**, **0% Financing with 40c per litre off Gas Card Deals**, as well as **Enhanced Trade-in Values**, should you choose. As always, **Military, New Graduate** and **Mobility Rebates of \$500 dollars** are on the table. Come see us - we're dealing. Offers cannot be combined, some conditions apply. See dealer for details.

CHOOSE YOUR **TERMS**

We are the Credit Experts. We have expert financial consultants on staff, who will work with you to finance a new auto loan and pay out your existing loan - **at payment terms you can afford**. Don't let financial difficulties keep you from owning a dependable vehicle. **Good credit, Bad credit, Slow credit, New credit, Collections, Divorce** - regardless of your credit standing, we can help you get the vehicle you need to be back on track. With **over 20 years experience** and **more than 10 banks and lenders** available to us, we are able to **offer solutions others cannot**.

YOUR **CAR.** YOUR **DEAL.** YOUR **TERMS.**

**Metro
SUZUKI**

1 902 466-0086
or 1 888 728-6812



<- check our inventory here
Apply Online
for FAST Approvals
www.metro Suzuki.ca

**Metro
MITSUBISHI**

1 902 463-6792
or 1 888 764-8623



<- check our inventory here
Apply Online
for FAST Approvals
www.metro Mitsubishi.ca



Metro
Come see us:
224-230 Wyse Rd
Dartmouth

Dallas J.R. actor Larry Hagman brought 'joy to everyone he knew'

Remembering a legend. Actor, who was reprising infamous role in a new edition of popular TV series, succumbs to cancer

J.R. Ewing was a business cheat, faithless husband and bottomless well of corruption. Yet with his sparkling grin, Larry Hagman masterfully created the charmingly loathsome oil baron — and coaxed forth a Texas-size gusher of ratings — on television's long-running and hugely successful nighttime soap, *Dallas*.

Although he first gained fame as nice guy Capt. Tony Nelson on the fluffy 1965-70 NBC comedy *I Dream of Jeannie*, Hagman earned his greatest stardom with *J.R.* The CBS serial drama about the Ewing family and those in their orbit aired from



In this photo from 2008, Larry Hagman poses in front of the Southfork Ranch from *Dallas*. THE ASSOCIATED PRESS

April 1978 to May 1991, and broke viewing records with its Who shot J.R.? 1980 cliffhanger that left unclear if Hagman's character was

dead.

The actor, who returned as J.R. in a new edition of *Dallas* this year, had a long history of health problems and died

Friday due to complications from his battle with cancer, his family said.

"Larry was back in his beloved hometown of Dallas,

re-enacting the iconic role he loved the most. Larry's family and closest friends had joined him in Dallas for the Thanksgiving holiday," the family said in a statement that was provided to The Associated Press by Warner Bros., producer of the show.

The 81-year-old actor was surrounded by friends and family before he passed peacefully, "just as he'd wished for," the statement said.

Linda Gray, his on-screen wife and later ex-wife in the original series and the sequel, was among those with Hagman in his final moments in a Dallas hospital, said her publicist, Jeffrey Lane.

"He brought joy to everyone he knew. He was creative, generous, funny, loving and talented, and I will miss him enormously."

"He was an original and lived life to the fullest," the actress said.

THE ASSOCIATED PRESS

Mourning

Fans pay respect

Tourists and locals flocked to Southfork Ranch on Saturday, bringing flowers in memory of Larry Hagman, who played the infamous J.R. Ewing on the TV show *Dallas*.

Hagman died in Dallas, Texas on Friday at age 81 due to complications from his battle with cancer.

Southfork, a ranch north of Dallas, was known to millions of viewers as the Ewing family home. Exterior shots of the house and pool were shown when the series aired from 1978 to 1991, although the show wasn't filmed there.

The ranch has been open for tours since the mid-1980s, and now sees more than 100,000 visitors each year. Each room of the house has a theme for each character.

On Saturday, J.R. Ewing's room had flowers and a card for tourists to sign.

"Today is about Larry Hagman and his family," said Janna Timm, a Southfork Ranch & Hotel spokeswoman. "He was such a wonderful person, and we will really miss him."

WagJag.com

GET DEALS ON THE GO!



iPhone app



Android app



Save
56%
OFF KIDS MAGAZINES

\$23 FOR YOUR CHOICE OF OWL KIDS MAGAZINE (A \$52.50 VALUE)

OWL KIDS MAGAZINE

MORE GREAT DAILY DEALS.

- Up to 91% off Anti-Aging Skin Serums
- 54% OFF a Heart Rate Monitor Watch
- 77% OFF XM Radio and Subscription

Sign up AND START SAVING, TODAY!

Visit **WagJag.com**

Follow us



facebook.com/wagjag
@wagjag

Check Out
Festive FAVOURITES

A selection of deals to help you through the holidays!

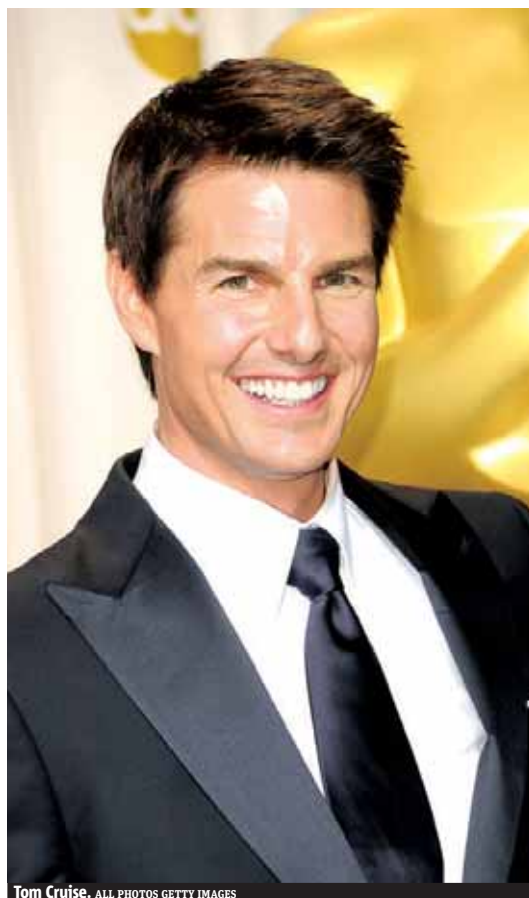
www.wagjag.com/festive-favourites



You Could
Win an iPad

Or 1 of 5 \$200 WagJag Gift Cards

Every deal you purchase with a holiday badge is an automatic entry for the chance to Win!



Tom Cruise. ALL PHOTOS GETTY IMAGES

Cruise flies in daughter for Thanksgiving

Even though Tom Cruise is currently on location in London filming *All You Need is Kill*, he still got to spend Thanksgiving with his daughter, six-year-old Suri Cruise, who was flown in for the occasion, according to *Us Weekly*.

The holiday was the

"first time he's seen Suri in a long time," a source says.

Ex-wife Katie Holmes, meanwhile, headed to her parents' home in Toledo, Ohio, for the big day before returning to New York for a Friday evening performance of her Broadway play, *Dead Accounts*.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Berry caught in the middle as ex-boyfriend and fiancé go to war

It was a pretty dramatic Thanksgiving for Halle Berry as her ex-boyfriend Gabriel Aubry and fiancé Olivier Martinez came to blows during an argument when Aubry dropped off Nahla, the four-year-old daughter he shares with Berry, for the holiday, according to *The Associated Press*.

TMZ reports that Martinez broke his hand and sustained neck injuries in the fight, while Aubry walked

away with a broken rib, facial contusions and a possible head injury.

Sources tell *Us Weekly* that Aubry "initiated" the fight after having words with Martinez.

"He shoved Olivier, then punched him. Olivier just defended himself," a source says.

Aubry was arrested and released on \$20,000 bail.

He's due in court Dec. 13. Immediately following the scuffle, Berry obtained an emergency protective order against Aubry that forbids him from coming within 100 yards of Berry, Martinez or Nahla.

The order is set to expire Tuesday, but Berry is reportedly taking Aubry to court in hopes of making the restraining order permanent.



Taylor Swift

Swift talks about relationship mistakes she has made

Taylor Swift is well aware that she has a problem with falling in love too fast.

"I don't think there's an option for me to fall in love slowly or at medium speed. I either do or I don't. I don't think it through, really, which is a good and a bad thing," the 22-year-old singer tells *Parade* magazine, adding that in retrospect, her relationships don't always end up the way she hoped.

"I tend to think things are love and then look back and re-evaluate," she says.

"I know how many people I've said, 'I love you' to. I could probably count it up, but I don't feel like it. Part of me feels like you

can't say you were truly in love if it didn't last. If I end up getting married and having kids, that's when I'll know it's real — because it lasted."

THE APPARITION

OWN IT ON BLU-RAY™ COMBO PACK AND DVD NOVEMBER 27

YOU COULD WIN A COPY OF THE APPARITION ON BLU-RAY COMBO PACK!

To register and for full contest details visit clubmetrohalifax.com

VISIT clubmetrohalifax.com TO ENTER

Don't forget to like us on Facebook! facebook.com/clubmetrohalifax

© 2012 BDO Canada LLP. ALL RIGHTS RESERVED.

DEBT WORRIES?

We'll help you find the right solution to alleviate financial stress. Helping Canadians for more than 45 years.

Appointments available in: Lower Sackville
Dartmouth
Halifax

902 425 3100

www.bdodebthelp.ca

Trustee in Bankruptcy | Credit Counsellors | Proposal Administrators

BDO Canada Limited is an affiliate of BDO Canada LLP. BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.



15 minutes of fame!

Call 420-1013 weeknights to co-host the Interactive NINE@9 with Ruby!

Discovered this week:

- * Keturah from Halifax
- * Kelsey from Dartmouth
- * Brianna from Halifax
- * Nick from Bedford

Interactive NINE@9

1013TheBOUNCE.com
info@1013thebounce.com

Get the BOUNCE Mobile app here

3 LIFE

Book excerpt

Going a little crazy?



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

You've been home with the kids too long when...

1. You own Memory Books for all of your children. And they are up to date.

2. Sorting through orphaned socks in the laundry room is a serious contender for an exciting afternoon activity.

3. You start begging the children to do some arts and crafts with you.

4. You have checked your email 16 times in the past 15 minutes.

5. You take your daughter to more than one store to look for the perfect pair of back-to-school runners.

6. You have noted the dry clean pick-up time on your desk diary (you still have a desk diary?).

7. Home made Valentine's and Christmas cards sound like fun!

8. You don't have the children in the car, but you're listening to their Mother Goose Raps CD. Hey, that next song really rocks.

9. Your six-year-old asks you to put her teddy bear down for a nap while she's

at school and wake him up just before she gets home. You do it.

10. When the neighbours get new windows, you call your husband to tell him. Twice.

11. The appointment of a new school principal is a big deal. **EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME, BY KATHY BUCKWORTH, KEY PORTER BOOKS, SOON TO BE AVAILABLE ON AUDIBLE. VISIT KATHYBUCKWORTH.COM.**

Exclusively online

Mommy remembers the days when all she had in her fridge was three varieties of mustard. But now that you're born, meal planning has become slightly more complicated than choosing toppings off a pizza delivery menu. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Love at first bark or meow

Pets. If you think you're ready for your first pet, check out the essentials that you should consider

EMMA
GODMERE
life@metronews.ca

Got dog fever? Or maybe you're itching for a kitten? Adopting an animal for the first time can be a rewarding experience for any new owner. Studies show that pet ownership can be on par with human friendship when it comes to emotional benefits like increased self-esteem and fewer feelings of loneliness.

But with great company comes great responsibility. Even if you have your heart set on welcoming a lively German shepherd into your home, it's important to select the right pet for you, your family and your lifestyle.

"For single people, or households where people are out a lot, a dog's probably not going to be the best pet," suggests Dr. Simon Starkey, a veterinarian at PetSmart's headquarters in Arizona. Without company for extended periods of time, dogs can suffer from separation anx-

Tips

- **Adoption.** "You're saving a lot of money if you choose to adopt," says Cross. Many shelters ensure pets are spayed or neutered, vaccinated and microchipped before putting them up for adoption.
- **Breeders.** Dog-seekers may choose to approach breeders to find their pet. The Humane Society of the United States suggests seeking referrals for responsible breeders from dog-owning friends whom you trust. The Canadian Kennel Club also provides links to its member breeders at ckc.ca.

ity. Cats, on the other hand, tend to be more independent and content spending less time with their owners.

But that's not to say a particular type of animal should be out of the question. Meet Your Match, a program spearheaded by the American SPCA, helps hopeful owners find the right kind of furry friend for them.

"It's like eHarmony for dogs and cats," says Alison Cross, spokesperson for the Ontario SPCA. Pets go through personality assessments while pro-



The benefits of owning a pet come with responsibilities. iSTOCK

spective owners complete questionnaires to identify traits and needs in order to make the best match for both parties.

Maybe a smaller, less de-

manding animal, like a hamster or a guinea pig, is more fitting to your lifestyle. Little creatures with much shorter life expectancies may be a

Start sharing

Remember your first pet?

Was it a cat, dog or maybe a pet rock? Visit this article online, tweet us or even turn to the person next to you and share your memories of that special pet.

First in a series on firsts.

This is the first in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.



great introduction to pet care. Smaller animals still do require daily food and water top-ups and regular cleaning of cages and enclosures, with which the whole family can help.

Once you meet your new pet, finding a veterinarian and understanding the costs of taking care of the newest member of your family should be your next step. Vets will recommend the best type of food and tips for providing care.



Medical and Dental - Administrator You'll know what to do.

Graduates of Success College learn what it takes to work professionally in the busy office environment. You will become essential in hospitals, veterinary clinics, physiotherapist offices, dental labs and so much more.

Call Today!
1-888-809-2472
SuccessCollege.ca



Success College
Get Ready.

Give dinner an ooey, gooey touch with cheesy casserole

"Forgive me for getting a little 'cheesy' here, but that's just what this one-dish wonder is all about: cheese," writes Dave Venable in his cookbook, *In the Kitchen with David*.

"Everything we love about melted cheese — rich, ooey, gooeyness — is right here in this cheeseburger casserole."

1. Heat the oven to 350 F.

2. Bring a large pot of water to a boil. Add 1 tablespoon of the salt and the macaroni and cook until tender but still firm to the bite, 7 to 8 minutes. Drain well.

3. Heat a large skillet over medium-high heat. Add the beef and onion and cook, stirring, until the beef is well browned.

4. Carefully drain the fat from the skillet, then stir in the tomato sauce, the remaining 1 teaspoon of salt, and the black pepper. Bring to a simmer over low heat while preparing the remaining ingredients.

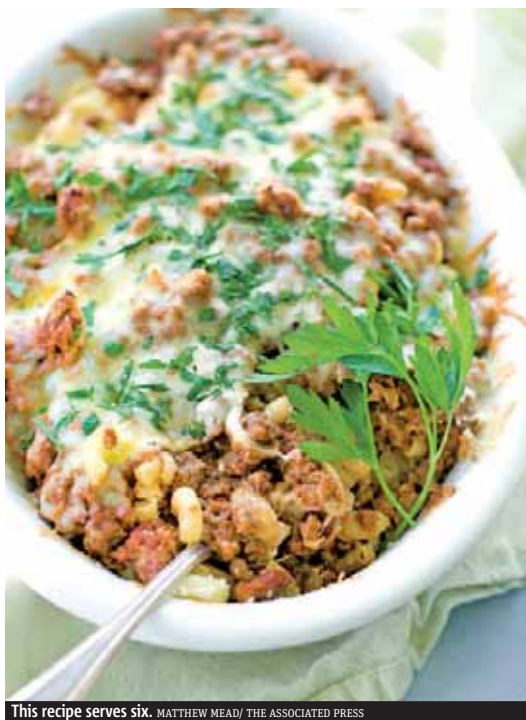
5. In bowl, combine ricotta, sour cream, bell pepper and scallions. Spread half of the pasta in a 9-by-13-inch baking dish. Top with the ricotta mixture, then the remaining pasta. Pour the meat mixture over the top. Sprinkle with the cheddar and mozzarella.

6. Bake casserole until the cheese is melted and lightly browned, about 20 minutes. Sprinkle with parsley before serving.

THE ASSOCIATED PRESS/ DAVE VENABLE'S IN THE KITCHEN WITH DAVID, BALLANTINE BOOKS, 2012

Ingredients

- 1 tbsp plus 1 tsp kosher salt
- 16-oz package elbow macaroni
- 2 lbs ground beef
- 1 large onion, chopped
- Two 8-oz cans tomato sauce
- 1/8 tsp ground black pepper
- 1 cup ricotta cheese
- 1/4 cup sour cream
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped scallions
- 1/2 cup shredded cheddar cheese
- 1/4 cup shredded mozzarella
- 1/4 cup parsley, chopped



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Snack bars are the go-to after-school treat for many kids. However, be wary of the empty nutrients.

2 Quaker Peanut Butter Granola Bars

300 calories/ 14 g fat/ 7 g sat fat/ 20 g sugar

Granola bars are not really a snack since they lack the substantial protein and fibre you need. The calories and fat are empty nutrients.



Equivalent

Two Quaker Peanut Butter Granola Bars are equal in fat to seven Honey Drop Timbits from Tim Hortons.



2 Rice Krispie Squares

180 calories/ 6 g fat/ 1 g sat fat/ 16 g sugar

If you want a sweet snack, choose this since the calories and fat are half and there's little saturated fat.



SCHOLARSHIPS ARE FOR Everyone



OVER \$100 million available



Scholarships are not just about grades



Scholarships are not just from schools



Scholarships are all year round

Sign Up. Get Matched. Start Today.

www.ScholarshipsCanada.com



SCHOLARSHIPS CANADA.com



BROWSING ON YOUR BROWSERS

SHOPPERS SURFING FOR THE BEST DEALS

You know by now about Black Friday, the deeply discounted shopping day that kicks off the U.S. Christmas shopping season. But how about Cyber Monday?

As Bill Rand explains it, Cyber Monday grew as an online counterpart to Black Friday, which generally falls after the U.S. Thanksgiving. “The idea was that online retailers would offer great holiday deals the Monday after (American) Thanksgiving similar to the deals that brick and mortar shops offer the Friday after Thanksgiving,” says Rand, the assistant professor of marketing and director for the University of Maryland’s Robert H. Smith School of Business. But recently, Cyber Monday has become a bit of a misnomer, Rand adds. “Originally,

Cyber Monday was on Monday because people would be at their work computers on Monday, but with the growth of the use of tablets and smartphones for online commerce, Cyber Monday had been extended and now many of the deals are offered on Black Friday as well.”

That’s the emerging trend marking 2012’s Cyber Monday — the appearance of deals as early as the Friday morning before. “Given the recovering economy and the fact that consumers are feeling more positive about their wallets than they have in a while, retailers are looking to capitalize on this trend by offering discounts and deals to get them in stores — or in the case of Cyber Monday, on to their website,” Rand says. “Black



Friday was originally called Black Friday because it was a single shopping day that could put a retailer into the ‘black’ or profitable for the whole year. And retailers hope that this year will definitely bear out that name.”

According to the Toronto-based Interac Association, about 19 per cent of Canadians report they will likely shop online on Cyber Monday. “And according to our Interac survey, online shoppers expect to spend an estimated average of \$303 that day,” says Teri Murphy, senior manager, corporate and stakeholder relations. Hot

items include video games, books, ebooks and DVDs, clothing and accessories, computers, tablets, e-readers, mobile phones and MP3 players.

“And the release of the new Wii U and several major games means the video game market should remain strong,” adds Rand. “Other technology items like HD TVs will remain popular. Often during downturns people put off buying new TVs and other consumer durables that are failing, and so as we come out of the downturn these items tend to be purchased at a sharper rate.” — Astrid Van Den Broek



DEALS ‘WORTH IT’ FOR CANADIANS

Unlike Black Friday deals, some of which have you packing a sleeping bag to park yourself early in front of Walmart, Cyber Monday deals can be done from the comfort of your laptop.

But how can you best take advantage of these deals?

Hone in on your favourite online stores first such as Amazon or Best Buy, to see if their sites are offering any deals that particular weekend, says Bill Rand, the assistant professor of marketing and director for the University of Maryland’s Robert H. Smith School of Business. “Also, search online to see if any of the ‘brick and mortar’ stores you normally shop at also maintain an online presence,” he suggests.

Yet, even with deeply discounted products available, is it worth it for Canadians to try and take advantage of these online deals?

“Given the current exchange rate between the US and Canada — it’s almost equal — and the fact that shipping rates are lower than ever, there will be quite a few deals that will still be worth it,” says Rand. He also notes that many deals aren’t even shipping from the U.S. anymore, so the difference in shipping prices should not be large.

“For instance, Apple has announced a bunch of deals for Friday and most of that ships from China anyway,” says Rand. Yet to be sure, when shopping online, check all the additional fees, especially shipping and taxes, before hitting the checkout button.

It also helps if you do some research ahead of time to see how much products generally cost. “Many sites publish deals they plan to offer beforehand so look at these flyers to determine if the price is

a good price, or if they just marked up the deal a week before to mark it down again,” Rand advises. “Slickdeals.com is a website that has a great reputation for providing research about any deals you find and determining if there is a better deal out there.”

What are some of the best sites to check out? Along with Slickdeals.com — which also collects the Black Friday/Cyber Monday deals in one place — FatWallet.com is another site to click on.

“It works as an affiliate merchant which means they provide links to other Web sites and then earn a small commission on any sales originating from FatWallet,” Rand says. “FatWallet then returns some commission to consumers so you get the standard deal and you earn a few percentage points back on your purchase as well.” — Astrid Van Den Broek

PLUS

CYBER MONDAY
SALES



airmilesshops.caTM

**Earn 20x AIR MILES[®] reward miles'
through the only AIR MILES[®] Online Mall.**

20X

Nov. 21 to Dec. 5, 2012

Shop at 100+ online stores including:



Apple Store
Canada

Sears*

amazon.ca



Expedia

OLD NAVY

and many more ...

Our BIGGEST online shopping event ever!

Visit airmilesshops.ca/20x

*LIMITED TIME OFFER. Offer valid on qualifying purchases of \$20 CDN or more made between Nov. 21, 2012 and Dec. 5, 2012. 20x offer applies to the total base reward miles earned on qualifying purchase amount excluding shipping, duty and taxes. Base Offer may vary. Click on store logo on airmilesshops.ca for Offer details. Collectors must sign in at airmilesshops.ca before purchasing in order to earn reward miles. Offer can be combined with other Bonus reward miles Offers. Does not apply to purchases made at the following stores: Netflix or Rogers Magazine subscriptions (including *Chatelaine*, *Today's Parent* and *Maclean's*). All other stores are subject to change and may be withdrawn at any time. Reward miles will appear in your account within 120 days.
©TM Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc.

SHOP • CA™

SHOP & EARN, EVERY TIME!™

CYBRRRR MOND•EH!



Robosapien Remote Control Robot

This easy-to-use humanoid is ready for eons of fun right out of the box!

WowWee



\$109 each!

Plus! New members get \$25 off!



*mobile device not included

Orbotix

SPHERO Robotic Ball Gaming System

Sphero is the first robotic ball gaming device that you control with a tilt, touch, or swing from your smartphone or tablet



BUY ONLINE AT WWW.SHOP.CA FREE SHIPPING. FREE RETURNS.*

Offers valid November 26th, 2012, or while quantities last

*Some conditions apply. Got great product to sell? Contact supplier@shop.ca



Proudly Canadian!

BARGAINS A CLICK AWAY

SHARE TO EARN REWARDS WITH NEW MARKETPLACE ONLINE AT SHOP.CA

Pam Bryant loves a good deal, and when she signed up at the online mall shop.ca, she didn't know the half of it.

What caught the eye of 38-year-old Bryant was the \$25 sign-up bonus, which she could use on her first purchase of \$100. She went shopping on the website almost immediately, bought a well-priced LED TV, and used the bonus money towards it. Bryant liked the TV so much she shared the purchase on her Facebook wall and a few weeks later, posted a review — and that's when things got really good. When one of her friends clicked on her post and signed up to shop.ca, Bryant got a referral credit of \$25. Then, when her friend spent her first \$75 on the same TV, Bryant received 1 per cent of that purchase amount in her account too.

"It was way more than I bargained for," says Bryant, a wife and mom in Hamilton, Ont. "It's all about sharing information on my social networks, which I do all the time anyway, and now I get cash rewards in return."

"Our innovative Social Loyalty Network sets us apart from any other Rewards program," says Trevor Newell,



founder and president of shop.ca. "We want Canadians to share the products they love with their friends, and we'll reward them for doing so every step — and share — of the way."

Shop.ca is a new and exciting online marketplace that features millions of products and thousands of brands from around the world. You can buy everything from living room furniture to pillows and tools.

Shop.ca has streamlined the whole process of online shopping in Canada, according to Drew Green, founder and chief executive officer.

When you buy at shop.ca, all your purchases go into one shopping cart, with a simple checkout process and multiple payment options. Once ordered, shop.ca ensures your order is delivered right to your door.

There aren't cross-border duty charges

THE SOCIAL LOYALTY NETWORK

Do you like to talk to your friends about the things you buy? Now you can turn that pastime into cash, says Trevor Newell, founder and president of shop.ca.

Members of the Social Loyalty Network at shop.ca can get from 1 to 2.5 per cent cash rewards when they share their purchases and post reviews via Facebook, Twitter, LinkedIn or by email. They can also earn when a friend buys the same product from a link they shared.

Members also get \$25 for every person they refer to shop.ca and when that friend makes a first purchase of \$75 or more.

Sign-up is free and all new members get a \$25 sign-up bonus to spend on a \$100 purchase and 0.5 per cent cash rewards as a starting point on every purchase they make. That 0.5 per cent can turn into 2.5 per cent when they share and earn at shop.ca.

— or hassles — and there's no charge for shipping or returns. The return policy gives you up to 365 days to return an item.

Says Green: "We also have an amazing team of customer loyalty leaders right here in Canada who chat on the phone or online with you. They've even been known to drive to houses to get a product to somebody if there's been a delivery hiccup."

THE WORLD'S COOLEST 'ROBOT TOYS'

KIDS OF ALL AGES WILL LOVE THESE CYBER TOYS



For Cyber Monday, shop.ca offers both the Sphero and Robosapien at a special price of \$109 each. But if you sign up today and become a member of shop.ca, you can use the \$25 sign-up bonus against the price.

THE AMAZING SPHERO

The Sphero is being heralded as the year's hottest gadget toy.

The Sphero smart "robot" is housed in a round and durable shell roughly the size of a baseball. You control it with a tilt, touch, or swing from your smartphone or tablet. Or, you can use Sphero as a controller for on-screen games.

Sphero is IOS- and Android-compatible, and there are lots of games and apps

available for download.

With the Sphero Golf app, for example, create a "hole," then swing your smartphone to put Sphero towards it.

The Chromo app lets you challenge yourself in a new way — by holding Sphero in your hand and moving it to match colours on your screen.

Or, download Sharky the Beaver, the first app that lets you take a virtual three-dimensional character for a walk around your house.

You get more than an hour of non-stop play, with cable-free induction charging.

THE WORLD'S FRIENDLIEST HOME ROBOT

Bring home WowWee's 14-inch Robosapien remote control robot — and watch the fun and silliness begin.

Designed by a NASA scientist, Ro-



bosapien has a full range of motions and interactive sensors as well as a unique personality.

Robosapien has fast, full function arms with grippers and working hands, and can walk, run and turn, shake hands, and even speak fluent international "caveman."

In all, there are 67 pre-programmed functions including pick-up, throw, kick, sweep, dance, belch, rap, and many different kung-fu moves.

Robosapien is easy-to-use with no complicated setup or need for a computer. It is easily controlled by an ergonomic remote and runs on regular batteries for more than six hours.

Are you driving your co-workers coconuts?

Offensive at the office. Have your colleagues been ducking under their desks when you approach? You might want to rethink your behaviour

BRUCE WALSH
TalentEgg.ca

Author and motivational speaker Rick Brinkman has been speaking to companies for over two decades. In the mid-'90s he co-authored the workplace classic, *Dealing With People You Can't Stand*, utilizing psychological research to help co-workers avoid brawling in the cubicles.

What's the most common type of annoying co-worker?

Annoying is in the eye of the beholder, and there are different types of annoying people. For instance: If someone makes commitments they don't keep, I might find that annoying to no



Have a co-worker who creeps over the cube walls? ISTOCK

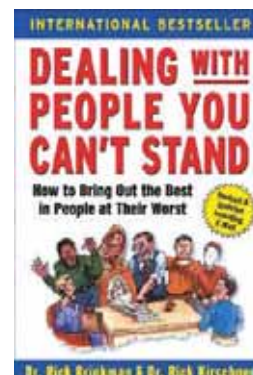
end. But you may intuitively know how to slow down and make it safe for that person to make a realistic commitment. Your particular annoyance may be whining. But that doesn't even show

up on my radar.

How do you know if you are, in fact, the annoying person at work?

When people read our book, they tend to recognize

what they do very quickly. It's somewhat innocent, and we all do at least one of these behaviours now and again. It's just that there are certain ones we're more likely to go to under stress.



Opposite irritants

"Your particular annoyance may be whining. But that doesn't even show up on my radar."

Rick Brinkman
Dealing with People You Can't Stand

How do you cut back on your own annoying behaviours?

You can start by recognizing the particular type of negative behaviour that comes out of you under stress. Then ask yourself, "How is this working for me? Am I

getting what I want? What reactions am I getting from others?" Usually people find that this behaviour is creating their own worst nightmare. Once they realize that, it's easier to change.

Is there a difference between how we exhibit these behaviours at home versus the workplace?

Yes! It can be totally opposite. Some people are a total "tank" (overly controlling) at work and a "nothing" (nonresponsive) at home. I recently interviewed a CEO who was very much a get-it-done control person at work. But she noticed she was whining to her husband about the business. Her husband could not understand how she could run a company, because she constantly presented herself as a victim. But the behaviour is totally different, because the context of the relationship is totally different.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

University of Ottawa

Graduate Studies

uOTTAWA EVENING

in Halifax

November 26, 2012
Delta Barrington
(1875 Barrington Street)
Reception: 6:30 p.m. to 9 p.m.

This reception is an ideal opportunity to learn more about the program of study that interests you.

Please RSVP:
www.discoveruOttawa.ca

» uOttawa

 **Maritime Drilling Schools Limited**
Energy Training Centre
"Over 13 years of Global Training Excellence"

Entry Level Training Being Offered Year Round

20 Day Pre Employment Floorman (Roughneck) Training for Land and Offshore Drilling Rigs

Programs meet National Regulations and United Nations International Regulations. Excellent Wages, Benefits and Opportunities to Travel the World. With a global labour shortage and baby boomers retiring, now is the time to enter the oil & gas industry. Nova Scotia will have new opportunities with new leases bought by Shell and BP British Petroleum along with the Encana Deep Panuke Project.

Program includes 12 certifications which include:

- Roughneck (Floorman) Certification Land and Offshore
- (IADC) Introductory Well Control Drilling, Workover and Completions
- (IADC) HSE Rigpass with Land and Offshore Endorsement
- Hoisting and Rigging
- Fall Protection and Scaffolding
- Confined Space Entry Level 2
- H2S Awareness or H2S Alive
- Standard First Aid and CPR
- Forklift Operator License
- HAZMAT Or WHMIS
- Occupational Health and Safety
- Basic Fire Safety

Next intake: Jan 7-26 2013

Hands-on rig training and classroom Instruction
Registered Private Career College

Maritime Drilling Schools Limited is a Global Leader in Entry-Level Training for the Oil & Gas Industry.
Call Today. **1-866-807-3960** or visit www.mdslimited.ca

metro

CANADA'S FIRST NEWS APP IN NEWSSTAND

Now available for iPad, iPhone and iPod touch!

Available on the App Store



*First to market as of press time.

Argos sink Stampeders and sail to a championship

100th Grey Cup.

Toronto defence hobbles Calgary's usually potent offence to earn win at home

A rugged defence staggered the Calgary Stampeders before Ricky Ray delivered the knockout punch and earned the Toronto Argonauts a historic Grey Cup victory Sunday.

Toronto's defence, under the guidance of former Calgary assistant Chris Jones, held CFL rushing leader Jon Cornish to 57 yards while pressuring quarterback Kevin Glenn. Then Ray's seven-yard TD pass to Andre Durie late in the game cemented the Argonauts' 35-22 win in the 100th edition of the CFL championship.

Toronto running back Chad Kackert, with 133 yards rushing, was the game MVP while defensive end Ricky Foley claimed top Canadian honours.

Kackert showed the Argos have a multifaceted offence that could compensate for a relatively quiet game from CFL outstanding player Chad Owens.

"Chad Owens was outstanding player, and maybe they keyed on him, and we have a lot of great receivers too," Kackert said. "You can't key on anybody."

Ray, obtained last December in a blockbuster trade with Edmonton, finished 18-of-30 passing for 231 yards and two TDs.

The Argos dominated a potent Calgary offence that scored 51 TDs this season — tied with Montreal for the league lead — holding it to just four field goals before Maurice Price's TD catch and two-point conversion with 20 seconds remaining.

Defensive back Pacino Horne brought the rabid Rogers Centre sellout crowd of



Toronto Argonauts running back Chad Kackert runs the ball against Calgary Stampeders defensive back Keon Raymond on Sunday in Toronto. Kackert was named most outstanding player of the Grey Cup game, which the Argos won 35-22. NATHAN DENETTE/THE CANADIAN PRESS

53,208 to its feet in the opening half. His key 25-yard TD interception return staked Toronto to a dominant 18-point half-time advantage.

Calgary came in as the CFL's hottest team with 13 wins in 15 games after opening the season 3-4. Glenn guided the club to nine wins in 14 starts after incumbent Drew Tate injured his shoulder, then replaced the injured Tate (forearm) to lead the Stampeders past the defending Grey Cup-champion B.C. Lions in last weekend's West final.

Calgary also boasted the CFL's top rusher in Cornish, the

Sunday's game

35	22
Argonauts	Stampeders

league's top Canadian after running for 1,457 yards this season.

But Glenn and Co. had no answer for Toronto's swarming defence as the Argos ended their season with a fifth straight victory. Earlier this year, the

CFL fined the Argos \$5,000 for tampering after hiring Jones, ruling they didn't ask Calgary for permission to speak with the defensive co-ordinator.

With the loss, Calgary finished a dismal 0-3 versus Toronto this season.

"We didn't start well. We didn't take advantage of their turnover, and they got two touchdowns on theirs," Stampeders coach John Hufnagel said. "But the bottom line was that we didn't get the ball into the end zone until the game was out of reach."

THE CANADIAN PRESS

Food

11,000

11,000 pounds of french fries, 7,000 pounds of meat (including hotdogs, hamburgers, carved beef, turkey and ham), 3,000 pounds of chicken wings and 16,380 chilled shrimp were prepared for Sunday's game.

Who showed up

50,634

50,634 ticketed seats, 2,572 seats in suites and 320 people in 70 Renaissance hotel rooms overlooking the field were sold.

Who worked

271

Seven game officials, three alternate game officials, 15 support crew, 20 on-field security staff, 12 RCMP officers and 271 cheerleaders (representing every CFL team) worked the Grey Cup game.

Turf

52

52 panels of artificial turf were used, most 15 feet wide by 170 feet long. Each panel weighs between 11,000 and 13,000 pounds. TORSTAR NEWS SERVICE

Saskatchewan prepares to play Grey Cup host



Saskatchewan Roughriders fans react before the 100th CFL Grey Cup game on Sunday in Toronto. GRAHAM HUGHES/THE CANADIAN PRESS

Saskatchewanians across the province were busy Sunday hosting Grey Cup parties, but next year they will need to prepare for hosting on a much larger scale.

Regina will be host to the 2013 Grey Cup, a fact that is bound to put some logistical stress on the CFL's smallest city.

"It will be especially busy for everyone in Regina," said Sean Haynes, manager at the Hub Sport Bar and Grill. "Whether it is restaurants, bars or whatever, whoever has got a TV will definitely be busy."

Regardless, given that so many Saskatchewanians live and breathe football, Regina should make for a vibrant host city for the event.

"I think, as it is with just about every game, it's going to be a Rider sellout," said Riders fan Tom Maurer in Saskatoon. "The stands are just going to be green, and everybody's going to be wanting to go there."

Even a year in advance, Regina hotels are sold out of rooms for the big weekend.

JEFF MACKIE/METRO IN REGINA
WITH FILES FROM MORGAN MODJESKI/
METRO IN SASKATOON

4 SPORTS

MoneyProvider.com
\$500 Loan
and more
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

QMJHL. Moose mauled by Wildcats, shut out for first time this season

The high-powered Halifax Mooseheads had no answers for the Moncton Wildcats on Sunday afternoon.

The Mooseheads were shut out for the first time this season in a 3-0 setback to the Wildcats before 5,756 fans at the Moncton Coliseum.

Halifax went into Sunday's game with a league-best 126 goals, for an average of over five per contest.

"They won more races, more battles than us," said Mooseheads coach Dominique Ducharme. "They played a tight game."

Halifax was outshot 41-25, including 19-11 in the second period when Moncton scored twice in the final three minutes of the frame to go ahead 3-0. Yannick Veilleux had two goals and assist to lead the Wildcats, with Dmitri Jaskin scoring the other marker.

Alex Dubeau recorded the shutout for Moncton (16-10). Zachary Fucile was in net for Halifax, which lost for just the fourth time this season (21-3-0-1).

"They played better than

Quoted



Dominique Ducharme, Mooseheads coach

"It was not a good game for us."

us and they deserved to win," Ducharme said.

The Mooseheads went into the game fresh off a 4-0 homestand, which wrapped up with a 4-2 win over the Cape Breton Screaming Eagles on Friday night before close to 10,000 fans.

Halifax, the No. 1-ranked team in the Canadian Hockey League, returns to action Saturday against the Chicoutimi Saguenéens at 7 p.m. at the Metro Centre.

PHILIP CROUCHER/METRO

On the web

For more local sports, go to metronews.ca/sports



AUS men's hockey. Huskies defeat nationally ranked Acadia Axemen

The Saint Mary's Huskies capped a perfect weekend with a 3-2 shootout victory over the host and No. 3 ranked Acadia Axemen in AUS men's hockey action on Saturday night.

Patrick O'Keefe had a goal and an assist in the win.

The Huskies also picked up a 5-2 home victory against the Saint Francis Xavier X-Men on Friday. Johnson, Ryan Hillier, Shawn O'Donnell and Chris MacKinnon each recorded a goal and an assist.

The Dalhousie Tigers weren't so lucky on the weekend, dropping contests to St. F.X. and Acadia.

The X-Men beat them 5-2 on Saturday, with Daniel Bar-



Patrick O'Keefe CONTRIBUTED

tek and Francois Gauthier scoring for the Tigers.

On Friday, Dalhousie fell to Acadia 4-1, with Benjamin Breault picking up the lone goal. METRO

AUS women's basketball

Saint Mary's keeps up hot play on court

The Saint Mary's Huskies continue to dominate the AUS women's basketball circuit.

On Saturday, the Huskies improved to 6-0 after dumping the St. Francis Xavier X-Women 76-56 in Antigonish. On Friday, Saint Mary's posted a 63-50 road victory over the Cape Breton Capers.

Meanwhile, the Dalhousie Tigers went 1-1 over the weekend. They posted a 70-59 victory over the Capers on Saturday, but fell 76-62 to the X-Women on Friday.

In men's action, the Tigers topped the X-Men 86-78 on Friday but lost to the Capers 86-68 the next night.

The Huskies went 0-2 on the weekend, losing 77-69 on Saturday and another 90-86 heartbreaker to the Capers on Friday. METRO



Halifax Rainmen's Brandon Robinson, right, tries to push past Summerside Storm's Al Stewart during National Basketball League play at the Halifax Metro Centre on Sunday afternoon. JEFF HARPER/METRO

Rainmen weather Storm, back at .500

New beginning? Halifax's new bench now boasts 2-0 record



ANDREW RANKIN
andrew.rankin@metronews.ca

Under the direction of new head coach Rob Spon, Saturday's pre-game shoot around was different for the Halifax Rainmen.

"We didn't just come in here and gradually loosen up; it was like a full out practice, lots of running, lots of drills," said Rainmen guard Joey Haywood.

The Saint Mary's University product wouldn't say that resulted in his squad's two straight home victories over the weekend: a 103-85 blow-out over the Windsor Express later that evening, or Sunday's 117-110 win over the Summerside Storm.

But he did say his teammates immediately bought into Spon's team-first, all-out philosophy.

"If you make a mistake on the offence, which is going to happen, you get back on the other end of the floor and you make up for it," said Haywood.

There was a lot to be optimistic about in Sunday's vic-

Game attendance

1,796

The attendance for Sunday's game at the Metro Centre.

tory. Most importantly the Rainmen now boast a .500 record (4-4). Collectively, they also shot a terrific 52 per cent from the field. Eight players ended up in double digits in scoring, with Brandon Robinson leading the way with 21 points.

Antonio Ballard collected a game-high 35 points in a losing effort for Summerside.

After 11 lead changes in the first half, the Rainmen took a 61-47 into the third quarter. The home squad survived a brief scare after the visitors went on a 13-3 run to start the third. But that's as close as they would come.

Halifax led by as much as 14 in the fourth quarter on the face of a relentless, balanced attack.

Antoine Tisby had a breakout game with 17 points to go with seven rebounds and two blocks.

"It felt good," said Tisby. "But coach made some small lineup changes that are making big differences. We're pulling together and it shows."

Summerside spurned in trade talks

The rivalry between the Summerside Storm and Halifax Rainmen may have intensified Sunday.

According to a media release by the Storm, the two National Basketball League of Canada teams had a verbal agreement for a trade that would have featured an "impact player" going to Summerside in exchange for a second-round pick in next year's draft and cash considerations.

The release says Storm ownership agreed to the deal,

Quoted

"Like I explained to them, I understand their disappointment of it, but it happens at every level of professional sports."

Rainmen owner Andre Livingston

which would allow the Rainmen player to play for Halifax in Sunday's head-to-head meeting.

The paperwork for the deal was to be submitted to the league office on Sunday morning, but the Rainmen backed out.

To make room for the player coming to Summerside, the Storm released centre Ayodokun Akingbade Sunday morning.

"We negotiated in good faith, made a deal and released a valuable player to make room for the player we were acquiring," said Storm co-owner Duncan Shaw. "We

took the Rainmen ownership at their word, and were let down."

Rainmen owner Andre Livingston confirmed the teams had a verbal agreement. He said the Rainmen thought they had another player coming in, but that deal fell through at the 11th hour. When that happened, Livingston said he wouldn't make his team "vulnerable" by trading a player and not having a replacement.

SUMMERSIDE JOURNAL PIONEER



Indianapolis Colts wide receiver T.Y. Hilton, left, is chased by Buffalo Bills Ruvell Martin, right, and Brad Smith as he returns a punt Sunday in Indianapolis. Hilton scored on a punt return and caught another touchdown in the 20-13 win for the Colts. AJ MAST/THE ASSOCIATED PRESS

Colts' rookie leads charge past Bills

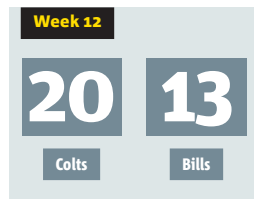
NFL. Loss by Buffalo is a major setback to team's slim chance of making playoffs

Colts interim coach Bruce Arians wanted to send Chuck Pagano home with a smile Sunday.

T.Y. Hilton made sure he was grinning from ear to ear.

Indy's other emerging rookie star returned a punt 75 yards for one touchdown, caught an 8-yard TD pass in the third quarter, became the first player in the franchise to do both in the same game and led the Colts to a critical 20-13 victory over Buffalo.

"That surprises nobody on this team and that's what he's paid to do," Pro Bowl receiver



Reggie Wayne said. "I'm excited for every one of these guys when they make a big play. Everybody on this team, their futures are so bright. I'm just glad to be part of it."

Wayne broke Cris Carter's NFL record for most consecutive games with multiple catches.

Andrew Luck, the No. 1 overall draft pick who has gotten most of the credit for Indy's remarkable turnaround, was 20 of 37 for 240 yards with

one touchdown and one interception and became only the second Colts' rookie to throw for more than 3,000 yards in a season. The other: Peyton Manning.

And Pagano, diagnosed with leukemia Sept. 26, was there to see every precious moment of it again.

The Bills (4-7) couldn't compete with all of that.

Though the Bills did end their red-zone touchdown drought with Ryan Fitzpatrick's 1-yard TD pass to Lee Smith with 11:30 left in the game, it just wasn't enough against Hilton and the Colts.

Losing Sunday was a major setback for a team hoping to end a 12-year absence from the playoffs.

"This one was obviously really needed," Fitzpatrick said.

THE ASSOCIATED PRESS

Giants end Packers' 5-game winning streak

Eli Manning threw for three touchdowns, giving him 200 for his career, and the New York Giants sacked Aaron Rodgers five times Sunday night in a 38-10 rout of the Green Bay Packers.

Coming off their bye, the Giants (7-4) put to rest concerns about a dormant offence

and a tired arm for Manning. He connected with rookie Rueben Randle, Victor Cruz and Hakeem Nicks for scores, and Ahmad Bradshaw had a combined 119 yards, including a 59-yard sprint on a screen pass to begin the onslaught.

The Giants opened a two-game lead in the NFC East.

Mathias Kiwanuka had two of the sacks as Rodgers never got comfortable. Green Bay (7-4) had its five-game winning streak snapped and fell out of a tie atop the NFC North with Chicago. The Packers had allowed no more than 24 points during their string of victories.

THE ASSOCIATED PRESS

Available anywhere.
Download the NEW Metro app today.

metro

CLASSIFIEDS

TO ADVERTISE, CALL:
1 800 527-6767

MERCHANDISE

Antiques & Art

1930's Canadian made Halebro Vintage outdoor (bedroom) lamps. Excellent condition
902-876-8562

Antique Pearl Ware China Argyll pattern Thomas Dimmock of England 1840-1860's pattern # 1/1449 Tureen handle has been repaired 5 pieces **902-876-8562**

Just in time for the holidays. HRM's newest antiques & collectible store. New inventory in weekly, priced to match every budget. Call us at **865-3506** or visit us at **619 Sackville Dr.**

Merchandise for Sale



Come check out our new store located at 22D Titus Street in Fairview! We offer an assortment of unique smoking accessories and hemp based/organic products. Like us on facebook or call 444-HEMP.

HOUSEHOLD SERVICES

Movers

MoveRite
17 ft Truck & 2 Men
\$75.00 per hour
No Minimum
No Gas Surcharge
Residential & Commercial
Local & Long Distance
440-6817
moverite11@gmail.com

Junk Removal

TIME TO TOSS IT

Debris removal, estate clean ups, small demos, unit clear outs, basements, yards & construction. **902-449-0232**

follow us
like us
metro

PERSONALS

Business Personals

NICOTINE Trapping You?
Where is some relief?
Soft laser **KILLS** the **NICOTINE URGE**
Christmas Special
Just \$99!
Call Doug today! 452.3138

MISCELLANEOUS

Miscellaneous

RESTITUTION OFFERED
4-6 years ago, your vehicle was slightly damaged while parked on Robie street near Quinpool road turnoff. Unable to pay then—love to belatedly pay for the damage now. Email jackcornfield66@hotmail.com with a description of vehicle and damage sustained, and I will get back to you.

Read metro work every Monday and Wednesday for tips and trends in education and employment.
Only in Metro. News worth sharing.

SERVICES

Dental

\$99 Dental Hygiene Cleanings Professional ZOOM! Whitening! For Only \$349

Dental Cleanings
Group Rates
Mobile Services Avail.
902-830-6908



2 Locations:
3542 Novalea Dr. Hfx
193 Portland St. Drt

www.Smartsmilesdh.com

\$99 Dental Hygiene Cleanings Includes; Hygiene Assessment, Scaling, Polish and Fluoride.
If Additional Treatments Are Needed They Will Be Completed At No Extra Cost

Other Services



**Piano Tuning
& Repairs**
Call Robert
404-8285
50 Yrs Exp

Tuning Cost Flat Fee of \$90
FREE Estimates For Repairs

Financial

Don't let BAD or NO credit keep you from
owning a great car. We specialize in financing
& can find you the best approval available. Call
902-209-6546 or visit bestapprovals.com

Trades

FINISH CARPENTER

30 years exp. of home construction
renovations, additions, kitchens,
bathrooms, flooring, stairs, railings, crown
moldings, windows, doors and trim.
Lyndel Munro 902-252-5238
<http://users.eastlink.ca/~lyndelmunro/>

General Help

NOW HIRING: Assistant Superintendent (Two Person Team)

Realstar Management is currently seeking a Two-Person Assistant
Superintendent Team to live & work at one of our Halifax properties.

Responsibilities include: cleaning the common areas of the property,
preparing apartments for new
residents, minor maintenance repairs & customer service.

Salary & benefits are provided.

Please submit **BOTH** of your resumes and a cover letter via e-mail to:
greatcareers@realstar.ca
or by fax: 416-923-9315 ATTN: HR
Please quote "HFX" in the subject line.



Dental

HELP WANTED

Management

Capital Project
Manager

You must have a minimum of
5 years experience in:

- Building Condition Inspection
- Capital Budget for Repairs
- Tender / Evaluation
- Administration of Contracts

Please apply stating the position
of interest to:
jobs@metcap.com



General Help

MSCC firm is currently seeking an
Admin/clerical officers, customer
service reps, shoppers, store workers
general labourers and Drivers on
FT/PT. Position requires excellent,
organizational skills, hardworking,
Ability to multi-task and get it done
attitude in a very fast paced enviro. It
comes with an attractive salary plus
benefits. Send resume/email to:

officeasneededcal@gmail.com

Business Opportunities



Say good-bye to your old job and
start a new exciting business!!

Available Franchises/Financing

- Complete training and support
- Cleaning accounts provided
- Cheapest investment \$3500
- Unlimited potential earnings

CALL NOW!!

Contact: Carlos De Regules
902-481-2100 or email
carlos.deregules@jan-pro.ca
www.jan-pro.ca

Apartments Unfurnished

GLADSTONE NORTH APARTMENTS

2761 GLADSTONE ST.

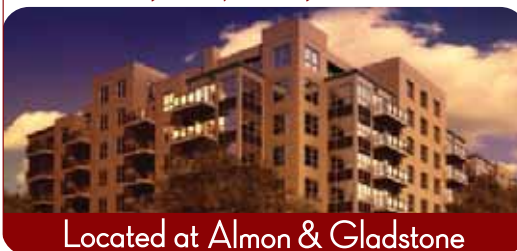
Call Doreen Mallon:
830 4300

GladstoneNorth.ca

1 BR, 2 BR, 3 BR & PENTHOUSE SUITES

- One, one + den, two, two + den
three bedroom suites available
- Six Premium Appliances including
Washer/Dryer
- In-suite Air Conditioning
- Large Corner Windows for
Maximum Natural Sunlight in
most suites
- High-Quality Laminate Floors
- Private Large Balconies
- Fully Secure Building with keyless entry
- Executive Penthouses Available
- Rooftop Garden
- Environmentally Friendly Features
- Bright In-door Parking*
- Walking Distances to all
Amenities, on Bus Route

The best things in life are right outside the door!



Located at Almon & Gladstone

RENTALS

Apartments Unfurnished

CAT OWNER PREFERRED 1 BDR flat,
Davison St, Hfx. \$600 heat included,
LGBT friendly. Avail Jan 1 or Feb 1
Kay @ 902-429-9665 between 4-8pm

realstar management
it's your home

Ask about our rental incentives

Halifax

Halifax Apartments

1 & 2 BR
1881 Brunswick Street
(902) 422-5747

MacDonald Apartments

1 & 2 BR
5885 Cunard Street
(902) 422-5033

5770 Spring Garden Rd

1 & 2 BR
(902) 422-5254

Clayton Park / Bedford

Stonecrest Village

1 & 2 BR
80 Chipstone Close
(902) 427-3600

Bedford Heights

1 & 2 BR
22 Bedros Lane
(902) 431-8028

For more information visit:

realstar.ca

Apartments Unfurnished

Apartments Unfurnished



Apartments For Rent

"We take care of our residents. Try us and see!"

902.461.HOME(4663)

Dartmouth Apartments

175 Albro Lake Rd
Bach \$540
1 BR \$619
2 BR \$725

356 Windmill Rd
1 BR \$599

6 - 16 Nivens, 77 Farrell,
15 Middle St.

All Utilities Included

Bach \$535
1 BR \$599

Book your viewing
appointment today!
Call Mack at 402.3894
Or Teddy at 441.0354

11 Glenview
Bach \$536

141 Albro Lake Rd
2 BR \$699

Book your viewing
appointment today!
Call Teddy at 441.0354
Or Anne Marie at 401.7318

31 & 35 Highfield Park Dr.,
11 Joseph Young Dr.
1 BR \$566
2BR \$619

Book your viewing
appointment today!
Call Olga at 402.2915
Or Anne Marie at 401.7318

36 - 36A & 60 Primrose
Bach \$545
1 BR \$569
2 BR \$649

Book your viewing
appointment today!
Call Mack at 402.3894

65 & 81 Primrose
Bach \$479
1 BR \$579
2 BR \$679

Book your viewing
appointment today!
Call Lynne at 402.6287

2 & 4 Franklyn Cr.,
1-10 Crystal
Bach \$499
1 BR \$579
2 BR \$711
3 BR \$745

15/25/35 Leaman
Bach \$540
1 BR \$645
2 BR \$743

87 Pinecrest Dr.,
1-3 Farthington Place
1 BR \$549-569
2 BR \$659-689

Book your viewing
appointment today!
Call Lynne at 402.6287
Or Olga at 402.2915

Halifax Apartments

1 & 11 Drysdale Rd.
22-40 River Rd
1 BR \$511

Willowbend Court
Glenforest & Willet St.
2 BR \$799
3 BR \$914

Book your viewing
appointment today!
Call Teddy at 441.0354

MOVE IN
SPECIAL!

1 MONTH FREE RENT*
Ask about our pet
friendly apartments
*13 month lease
Offer expires Dec. 31, 2012

Can't get a hold of us? Call our help line at 1-877-638-2271
or email us at leasing@metcap.com

ANNOUNCEMENTS



Community Events

Community Events



SANTA BY THE SEA

Sat Dec 1st • 10am - 5pm • Shining Waters Marine

Gift Bags for the first 100 guests!

Pictures with SANTA CLAUS, Dora, Elmo,
Mickey & Minnie Mouse!

30+ vendors with unique Holiday products

Free to attend & Door Prize Give Aways!

Grand Prize Includes: *Overnight stay in Saint John*,
4 Hockey Tickets - Saint John vs. Halifax. *Meet & Greet
the Saint John Sea Dogs*, \$100 Visa Gift Card.

Pre-Register to Win: www.santabythesea.eventbrite.ca

www.facebook.com/SantaByTheSea

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535' X .542', Limit 1/day, 2/wk

10 speed ladies bike - \$30
24" ElectroHome TV - \$80
Must Sell!
Call (902)434-7955

Addi White Water Cooler. Dispenses cold
water. Only used a few times. \$50 OBO
Call (902)462-0924

Fisher Price baby high chair,
excellent condition- \$60
2 car seats, each \$20
Call (902)434-7955

Health Walker Exercise Machine
large, folds up with wheels
Best offer takes it!
902-461-9400

Motorcycle Storage, \$250 for winter.
Heated garage, near Mic Mac Mall.
(902)456-8640

Wanted: Flea Market Items
Furniture, Antiques, Estates, Records
Tools, Jewellery, DVDs & VHS
(902)292-8228

18 VAC Hevac
Automatic Wood heater
Asking \$100 Ex. Cond.
902-864-7093

Approx. 20 boxes filled with crafts,
materials etc.
\$50.00 for all OBO.
902-826-9336- or 902-225-1209

FOR SALE: Large 10 x 12 quality rug.
white & green/rose floral design
excellent condition
\$25.00 902-857-3081

Large Futon table & Chair Set (4)
white & metal in color, leather seats
good condition. Best offer takes all!!
902-461-9400

Riva Snowboard - Make Good Xmas Gift
55 inches long x 10.5 inches wide with
ratchet bindings. Ex. Con Asking \$125
902-864-7093

Wanted:
Two 17" aluminum rims for an '06 Silverado
Call (902)464-0057

2 Michelin Hydro Edge (5000 kms)
205/R70 15, mint off Quest Van with rims
\$45.00
(902)827-2560

Bohemian China - White with 24ct gold trim.
Service for 6 with tea set & platter.
\$300
Call (902)404-5997

Four winter tires
235/70/16 Michelin X-ICE. Like New. \$350.
Cost \$1150.
Call (902)455-2379

Looking to buy a gold coin ring.
Call (902)835-3545

Samsung Flip Phone
Bell Network, very little use.
\$30.00
902-456-8640

Window Topper - Floral print, colors: cream,
blue, green, gold. Designer made.
Fits 90" opening. Inc. wall bracket
\$40 OBO Call 902-462-2851

20 Boxes of Flea Market items
\$100.00 for all
902-477-4025

China Cabinet, over 80 years old, older style.
\$300.
Call (902)404-5997

Glass top end table. Gold frame, 27" x 27".
\$40 • Christmas tree stand (Santa's Solutions)
- \$10
Call (902)446-6070

Looking to Buy
Furniture & Antiques
Call (902)292-8228

Victorian pictures. Bought at
Maryanne's. Never used. Exc. con. 5 in
total. Assorted styles. Good xmas gift
\$30.00 for all (902)462-2851

Winter scarves for sale. Hand knit. Great deal!
\$5 each. Various colors. Located in South End
Halifax. Makes good Xmas gift!
Call (902)453-6737

Horoscopes

Aries

March 21 - April 20

No matter how high you have flown in the past you will fly even higher this coming week. The Sun linked to Uranus in your sign will endow you with courage and confidence — but most of all with a sense of adventure.

Taurus

April 21 - May 21

Sacrifices will have to be made but there is no reason why they should be painful. The secret is to not let yourself get so attached to material things. Money is important, of course, but next to love and laughter it means nothing.

Gemini

May 22 - June 21

Let other people guide you this week. It will do you good to let family and friends take responsibility for making important decisions — and free up time and energy for you to have fun of a more personal kind.

Cancer

June 22 - July 23

Because you are such a generous soul you find it hard to say no when others ask you to help, but the planets warn you could end up taking on more than you can handle this week. Put your own health and happiness first.

Leo

July 24 - Aug. 23

If you insist that the world conforms to your way of thinking then, to put it bluntly, you are going to be disappointed. Why would you want everyone to think like you anyway?

Virgo

Aug. 24 - Sept. 23

Rise above petty people and petty squabbles today — let nothing disturb your peace of mind. Remember: it is not what others say or do that is important but how you choose to react to it. So don't react.

Libra

Sept. 24 - Oct. 23

It may seem as if you are getting lots done but according to the planets you are running around for no good reason. It's time to slow down a bit and take more care of what you are doing. Think quality, not quantity.

Scorpio

Oct. 24 - Nov. 22

Try not to do things for no better reason than you want to convince the doubters that you have what it takes. If you do that then in effect you are letting them dictate the course of events.

Sagittarius

Nov. 23 - Dec. 21

Today's Sun-Uranus link encourages you to do something out of the ordinary, something that shakes up the cozy little world you inhabit. If there is one thing you should always aim to avoid it is being predictable.

Capricorn

Dec. 22 - Jan. 20

Think about who you are, where you are going and what kind of an impression you want to make on the world. That might sound a bit heavy for the start of the week but you're in a philosophical mood.

Aquarius

Jan. 21 - Feb. 19

You will have to deal with a situation today that has occurred in one form or another many times before. If you can see the parallels with past events then it should be easy. If you don't, you'll make the same mistakes.

Pisces

Feb. 20 - March 20

A rival will underestimate how serious you are about your ambitions and that puts you at an advantage. For too long you have kept in the background when you should have been center. Go for it! **SALLY BROMPTON**

Crossword

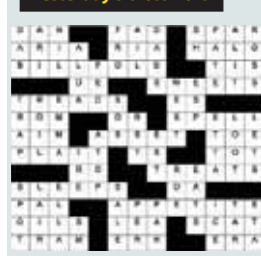
Across

1. Room often found in the basement
4. Graduation headpiece
7. Not bogus
11. One Day -- Time (2 words)
12. Served at Cheers
13. Rowboat need
14. Lie on the beach
15. Actress Russo
17. Previously driven car
18. Children living at home
21. Granny on The Beverly Hillbillies (init.)
22. Major —
23. Above
25. Cone bearing tree
26. The World — War
28. — the season
29. Comic DeGeneres
31. — Lanka
32. San Francisco's st.
33. Small inlet
34. Singer James
35. Fault
36. —, myself and I
37. Out in front, often
42. Naked
43. Monicker
44. Caustic substance
47. Statuesque model
48. Old time actor Chaney
49. — Hudson Street
50. Printers measure
51. Breakfast choice
52. Country roads (abbr.)

Down

1. Alleyway denizen
2. Estimated time of arrival at airports
3. Halloween treats
4. Nag

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	6	5	2	4	3	8	9
2	3	8	9	1	7	6	5	4
9	4	5	6	3	8	2	1	7
5	6	4	3	8	1	7	9	2
1	8	7	2	9	6	4	3	5
3	9	2	7	4	5	8	6	1
6	5	1	4	7	3	9	2	8
8	7	9	1	5	2	6	4	3
4	2	3	8	5	9	1	7	6

		9					2		
			8		4				
8	4							7	9
		5	6		3	8			
4	6							5	1
		8	5		7	4			
1	2							8	7
			9		6				
		4					3		

Today

1°/-5°

Partly cloudy

Tuesday

2°/-2°

Partly cloudy

Year #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

©The Weather Network 2012

Search over 50,000 used cars, fast and free.

 **autocatch**.com

FLIGHT CENTRE *Unbeatable*

London Christmas Markets, Air + 6 Nights

\$1167

from
INCLUDES Earls Court area accom and daily breakfast.
ADD London Eye ticket from \$33.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex: Halifax. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. *Price is per person for quad occupancy (2 adults & 2 kids ages 2-17). All-inclusive vacations include air, pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

**FIRST
TIME EVER!**

ONLY AT STEELE HYUNDAI DON'T PAY TILL EASTER!

(FRIENDS & FAMILY NEVER HAD IT THIS GOOD!)



GET UP TO
\$3,500

IN PRICE ADJUSTMENTS

THE NEW 2013
SONATA

\$69 /WK*

INCLUDES
TAXES, FREIGHT
& PDI
PLUS DON'T PAY
TILL EASTER!



THE NEW 2013
ELANTRA GL

FROM ONLY:

\$59 /WK*

INCLUDES
TAXES, FREIGHT
& PDI
PLUS DON'T PAY
TILL EASTER!

GET UP TO
\$2,025

IN PRICE ADJUSTMENTS

Elantra GL includes:
Air, Power Group, Sat
Radio, Heated Seats
& more!



THE NEW 2013
SANTA FE

FROM ONLY:

\$89 /WK*

INCLUDES
TAXES, FREIGHT
& PDI
PLUS DON'T PAY
TILL EASTER!

GET UP TO
\$1,250

IN PRICE ADJUSTMENTS



HYUNDAI | NEW THINKING.
NEW POSSIBILITIES.

**EMPLOYEE
FRIENDS & FAMILY
PRICING**

3625 Kempt Road
Halifax, Nova Scotia
Phone: 902.982.3980
www.steelehyundai.com

Steele
HYUNDAI

*See dealer for details. In-stock vehicles only.